

**SINGAPORE POPULATION HEALTH STUDIES – FIRST FOLLOW-UP
MAIN QUESTIONNAIRE – PERSONAL INFORMATION**

Name: (Mr / Ms / Mrs)* _____

Gender: 1) Male 2) Female

NRIC:

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D.O.B.:

D	D	M	M	Y	Y	Y	Y

Ethnicity: 1) Chinese 2) Malay 3) Indian 4) Others, please specify: _____

Preferred Language: 1. _____ 2. _____

	<u>Residential Address:</u>	<u>Mailing Address:</u> ☐ Same as residential address	
Block:			
Street / Building Name:			
Unit No:	# -	# -	
Postal Code:			
	Home No	Mobile No	Office No
Contact 1:			
Contact 2:			
Contact 3 (Relative's mobile): _____ <i>As an additional option and source of contact to facilitate follow-up</i>		Relation: _____	
Email Address:			

INTERVIEW DETAILS		STUDY ID:
Interviewer's Name:		
Interview Language:		
Interview Date:	/ /	
Interview Time:	AM / PM*	

Interviewed by:	Document the full name of the interviewer.
Name: [*Mr/Ms/Mrs]	Circle the appropriate salutation. Document the name as it is printed on the participant's NRIC.
Gender: * M / F	Document the gender as printed on the NRIC
Ethnicity	Document as per NRIC. Specify Other, e.g. Bugis, Sikh, Pakistani
D.O.B:	Document the date of birth as printed on the NRIC.
Residential Address:	Document the main address that the participant is currently staying at.
Mailing Address [fill in only if different from above]:	Document mailing address only if different from the residential address.
Contact No.	Obtain telephone number where applicable/contactable. If no contact number is available, document 77777777.
Preferred Language: 1. ____ 2. ____	Document the language(s) that is spoken according to the order of preference
1. Date and time of interview commences:	Document the date and time the interview was conducted.

Note to Interviewer :

Each correction of entry must be signed and dated.

Do not interpret or make assumptions while interviewing; document participant's response accordingly.

All are single answer questions.

Circle the appropriate answer number.

Do not leave any blanks unless instructed.

Enter all date fields in the format "DDMMYYYY".

For other fields:

	Day, Month or Year	String/Text	Numeric
Where not applicable, enter:	77 / 7777	NNN	777
Where participant refuses to answer, enter:	88 / 8888	RRR	888
Where participant does not know, enter:	99 / 9999	DDD	999

Last Interview Date: _____

Current Interview Date: _____

Interviewer's Name: _____

Interview Language: _____

Study ID:

SECTION A – FOOD FREQUENCY QUESTIONNAIRE

饮食频率问卷

This questionnaire asks about foods eaten **over the past year**.

Participants responses should be the number of times either 'per day', 'per week', or 'per month'.

这份问卷是一份针对您在过去一年内的饮食调查。

受访者只需在“每天”、“每周”或“每月”的其中一个格子内填写答案。

BREAD AND BREAD SPREADS

How often do you consume one serving of:	您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
1 White bread (inc. naan)	白面包（包括印度面饼）	2 slices	2 片				Never/Rarely
2 Wholemeal bread	全麦面包	2 slices	2 片				Never/Rarely
3 Bread with dried fruit/nuts/seeds e.g. walnut bread, raisin bread, corn bread, multigrain bread	加入水果/干果/籽的面包 例如：核桃面包、葡萄干面包、玉米面包、多谷面包	2 slices	2 片				Never/Rarely
4 Margarine e.g. olive spread, Planta®	植物牛油 例如：橄榄酱、白兰他牛油	1 teaspoon	1 茶匙				Never/Rarely
5 Butter	牛油	1 teaspoon	1 茶匙				Never/Rarely
6 Kaya	咖椰/咖椰酱	1 teaspoon	1 茶匙				Never/Rarely
7 Peanut butter	花生酱	1 teaspoon	1 茶匙				Never/Rarely
8 Jam/Marmalade/ Honey	果酱/酸果酱/蜂蜜	1 teaspoon	1 茶匙				Never/Rarely
9 Chocolate spread e.g. Nutella®	巧克力涂抹酱 例如：能多益巧克力榛子酱	1 teaspoon	1 茶匙				Never/Rarely
10 French toast	法国吐司	2 triangular slices	2 个三角片				Never/Rarely
11 Pizza	披萨	1 slice (from 14" pizza)	1 片 (14 寸大披萨)				Never/Rarely
12 Thosai, plain or with filling e.g. potato	印度薄饼（有无馅料） 例如：马铃薯	1 piece	1 片				Never/Rarely
13 Roti prata, plain or with egg/cheese (inc. paratha)	印度煎饼（有馅料或加蛋/乳酪）（包括印度抛饼）	1 piece	1 片				Never/Rarely
14 Chapati	印度面饼	1 piece	1 片				Never/Rarely
15 Murtabak	印度加料馅饼	¼ of a whole/ 2 small pieces	1/4 片/ 2 小片				Never/Rarely
16 Puri (deep-fried Indian bread)	普里（印度煎炸面包）	1 piece	1 片				Never/Rarely
17 Sweet filled buns (inc. pau) e.g. red bean, coconut, custard	甜味包子 例如：红豆馅料、椰子馅料、奶黄包	1 piece	1 片				Never/Rarely
18 Savoury filled buns (inc. pau) e.g. chicken, char siew, cheese, hot dog	咸味包子 例如：鸡肉包、叉烧包、乳酪馅料、热狗	1 piece	1 片				Never/Rarely

Rice								
How often do you consume one serving of:		您多常食用一份量的：	One serving means:	一份量等于：	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
19	Rice, plain, boiled/steamed (excluding porridge)	米饭（无配料）（水煮饭或蒸饭）（不包括粥）	1 rice bowl	1 饭碗				Never/Rarely (Skip to #20)

How often is the rice:		米饭的种类多常是:	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
19a	Mixture of white and brown/red	白饭掺杂糙米/红米	1	2	3	4	5
19b	Brown or red rice (unpolished)	糙米或红米（粗磨米）	1	2	3	4	5
19c	White rice (inc. basmati)	白饭（包括印度巴斯马蒂白香米）	1	2	3	4	5

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
20	Rice porridge, flavoured, (exc. plain) e.g. chicken, pork, duck, fish, vegetarian	粥（加调味）（白粥以外） 例如：鸡肉粥、猪肉粥、鸭肉粥、鱼粥、素粥	1 medium bowl/ 1 soup bowl (half full)	1 中碗/1 汤碗（盛满一半）				Never/Rarely (Skip to #21)

How often is the porridge made with:		用来煮粥的米饭多常是	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
20a	Mixture of white and brown/red	白饭掺杂糙米/红米	1	2	3	4	5
20b	Brown or red rice (unpolished)	糙米或红米（粗磨米）	1	2	3	4	5
20c	White rice	白饭	1	2	3	4	5

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
21	Rice porridge, plain	白粥（不加任何配料）	1 medium bowl	1 中碗				Never/Rarely (Skip to #22)

How often is the porridge made with:		用来煮粥的米饭多常是	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
21a	Mixture of white and brown/red	白饭掺杂糙米/红米	1	2	3	4	5
21b	Brown or red rice (unpolished)	糙米或红米（粗磨米）	1	2	3	4	5
21c	White rice	白饭	1	2	3	4	5

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
22	Fried rice	炒饭	1 plate	一盘				Never/Rarely (Skip to #23)

How often is the fried rice with:		炒饭的配料多常是:	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
22a	With vegetables	蔬菜	1	2	3	4	5
How often is the fried rice made with:		用来炒饭的米饭多常是					
22b	Mixture of white and brown/red	白饭掺杂糙米/红米	1	2	3	4	5
22c	Brown or red rice (unpolished)	糙米或红米 (粗磨米)	1	2	3	4	5
22d	White rice	白饭	1	2	3	4	5
How often is the fried rice prepared:		您多常食用在以下地方烹煮的炒饭?					
22e	At home	家里	1	2	3	4	5
22f	By food outlet	外食餐厅	1	2	3	4	5

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
23	Flavoured rice Chicken rice, briyani, nasi lemak, pilau, nasi minyak, yellow rice, olive rice, tomato rice, saffron rice, yam rice	加入调味的米饭 鸡饭、印度香饭、椰浆饭、肉菜饭、香油饭、黄姜饭、橄榄饭、番茄饭、红米饭、芋头饭	1 rice bowl	1 饭碗				Never/Rarely
24	Flavoured rice dish (mixed with meat/veg) e.g. bi bim bap, claypot, mui fan, fan choy	饭类菜肴 (加入肉类/蔬菜) 例如: 韩式拌饭、砂煲饭、烩饭、饭菜	1 medium bowl	1 中碗				Never/Rarely
25	Glutinous rice e.g. lor mai kai, bak chang	糯米饭 例如: 糯米鸡、粽子	1 rice bowl, 1 piece	1 饭碗、1 块				Never/Rarely
26	Lontong	隆冬 (马来式香蕉叶米糕)	4 pieces	4 块				Never/Rarely
27	Idli (steamed rice cake, savoury)	印度白米糕 (印度蒸米浆糕, 咸味)	2 pieces	2 块				Never/Rarely
28	Rice roll e.g. chwee kway, chee cheong fun	用米浆制作的小吃 例如: 水粿、猪肠粉	1 piece	1 块/1 条				Never/Rarely

GRAVY								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
29	Gravy, with coconut (extra on top of rice or as a side dish) e.g. curry gravy	含椰奶的肉汁 (加在饭上或作为配菜) 例如: 咖哩	1 scoop	1 勺				Never/Rarely
30	Gravy, without coconut (extra on top of rice or as a side dish) e.g. braised gravy, sambhar	不含椰奶的肉汁 (加在饭上或作为配菜) 例如: 卤汁、桑巴	1 scoop	1 勺				Never/Rarely

NOODLES								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
31	Noodles, fried e.g. mee goreng, Hokkien mee, hor fun	炒面 例如: 印度炒面、福建炒面、河粉	1 plate	1 盘				Never/Rarely
32	Noodles, in gravy e.g. laksa, mee rebus, mee siam, lor mee, curry noodles	含肉汁的面类料理 例如: 椰浆叻沙、马来卤面、马来米暹、卤面、咖哩面	1 medium bowl	1 中碗				Never/Rarely
33	Noodles, in soup e.g. yong tau foo, mee soto, ramen, instant noodle soup, fishball noodles, sliced fish bee hoon	含汤汁的面类料理 例如: 酿豆腐、马来鸡汤面、拉面、汤类快熟面、鱼圆面、鱼片米粉	1 medium bowl	1 中碗				Never/Rarely
34	Noodles, dry e.g. instant, dry wanton noodles, fishball noodles, mincemeat and mushroom noodles	干捞面类 例如: 干捞快熟面、干捞云吞面、干捞鱼圆面、香菇肉腩面	1 medium bowl	1 中碗				Never/Rarely

How often are the noodles:		用来煮面的面类多常是	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
34a	White rice noodles e.g. bee hoon, kway teow, mee tai mak	白米面类 例如: 米粉、粿条、碱面、老鼠粉 (米台目)	1	2	3	4	5
34b	Brown rice noodles e.g. brown rice bee hoon	糙米面类 例如: 糙米米粉	1	2	3	4	5
34c	Wheat noodles e.g. yellow noodles, ban mian, mee hoon kueh, you-mian, sheng mien, yee mien, mee pok, mee kia, mee sua, ramen, soba, udon	麦面 例如: 熟面、板面、面粉粿、幼面、生面、伊面、面薄、面仔、面线、拉面、荞麦面、乌冬面	1	2	3	4	5
34d	Instant noodles	快熟面	1	2	3	4	5
How often are the noodles prepared:		您多常食用在以下地方烹煮的面类?					
34e	At home	家里	1	2	3	4	5
34f	By food outlet	外食餐厅	1	2	3	4	5

PASTA

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
35	Pasta, plain (without meat/fish/seafood/veg) e.g. aglio olio	意大利面（无配料）（不加任何肉类/鱼类/海鲜/蔬菜） 例如：蒜香意大利面	1 plate	1 盘				Never/Rarely
36	Pasta, with meat/fish/seafood/veg	意大利面（含肉类/鱼类/海鲜/蔬菜）	1 plate	1 盘				Never/Rarely

How often is the pasta:		意面的面类多常是:	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
36a	Wholemeal (browner colour, rough texture)	全麦类 （颜色呈褐色、质地较粗糙）	1	2	3	4	5
How often is the pasta made with:		和意面一起搭配的酱汁多常是					
36b	Tomato sauce	番茄酱	1	2	3	4	5
36c	Creamy sauce e.g. cheese sauce	奶油酱（例如：乳酪酱）	1	2	3	4	5
36d	Without any sauce	不加任何酱汁	1	2	3	4	5

FRENCH FRIES

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
37	French fries (inc. wedges, crinkle cut)	炸薯条（包括楔形薯条、波纹薯条）	1 regular serving	1 份普通装				Never/Rarely

BREAKFAST CEREAL								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
38	Oats e.g. rolled oats, instant	燕麦 例如: 燕麦片、即食燕麦	1 medium bowl	1 中碗				Never/Rarely
39	3-in-1 cereal e.g. Nutremill®, Nestum®	三合一燕麦 例如: NutreMill 麦片、雀巢麦片	1 cup	1 杯				Never/Rarely
40	Flavoured breakfast cereal, containing <u>wholegrains</u> e.g. Koko Krunch®, Milo®, Honey Stars®	带有各种口味的早餐谷类食品, <u>含全谷物</u> , 例如 Koko Krunch®, Milo®, Honey Stars®	1 medium bowl (before adding milk)	1 中碗 (未加奶前)				Never/Rarely
40a	Flavoured breakfast cereal, <u>not</u> wholegrain e.g. Coco Pops®, Frosties®	带有各种口味的早餐谷类食品, <u>不含全谷物</u> , 例如 Coco Pops®, Frosties®	1 medium bowl (before adding milk)	1 中碗 (未加奶前)				Never/Rarely
40b	Plain breakfast cereal, containing <u>wholegrains</u> e.g. Weet-Bix®	原味早餐谷类食品, <u>含全谷物</u> , 例如 Weet-Bix®	1 medium bowl (before adding milk)	1 中碗 (未加奶前)				Never/Rarely
40c	Plain breakfast cereal, <u>not</u> wholegrain e.g. Cornflakes	原味早餐谷类食品, <u>不含全谷物</u> , 例如玉米片	1 medium bowl (before adding milk)	1 中碗 (未加奶前)				Never/Rarely
40d	Breakfast cereal with dried fruit or nuts, containing <u>wholegrains</u> e.g. Special K®, Post Great Grains®	含有干果或坚果的早餐谷类食品, <u>含全谷物</u> , 例如 Special K®, Post Great Grains®	1 medium bowl (before adding milk)	1 中碗 (未加奶前)				Never/Rarely
40e	Breakfast cereal with dried fruit or nuts, <u>not</u> wholegrain e.g. Almond cornflakes, Crunchy Nut Cornflakes®	含有干果或坚果的早餐谷类食品, <u>不含全谷物</u> , 例如: 杏仁玉米片, Crunchy Nut Cornflakes®	1 medium bowl (before adding milk)	1 中碗 (未加奶前)				Never/Rarely

POULTRY DISHES

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
41	Chicken/turkey ham	鸡肉/火鸡火腿	4 slices ham	4 片火腿				Never/Rarely
42	Processed chicken products e.g. nugget, sausage, burger, hot dog	经过加工的鸡肉食品 例如: 鸡块、香肠、汉堡、热狗	6 nuggets; 1 sausage/burger	6 个鸡块; 1 条香肠/ 1 个汉堡				Never/Rarely
43	Chicken/duck, fresh (not processed) Including chicken from mixed dishes such as chicken rice, nasi lemak	新鲜鸡肉/鸭肉 (未经加工) 包括各种菜肴里的鸡肉, 例如: 鸡饭、椰浆饭	1 palm-sized piece	1 个手掌 大小				Never/Rarely

			Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
43a	How often do you remove the skin from chicken/duck?	您多常将鸡肉/鸭肉去皮后才吃?	1	2	3	4	5
How often do you consume chicken/duck:		您多常以下列的方式食用鸡肉/鸭肉?					
43b	In curry with coconut	和椰浆咖哩一起吃	1	2	3	4	5
43c	In curry without coconut	和不含椰浆的咖哩一起吃	1	2	3	4	5
43d	Stir-fried/pan-fried	干炒/油煎	1	2	3	4	5
43e	Deep-fried	煎炸	1	2	3	4	5
43f	Stewed/braised	炖煮/焖煮	1	2	3	4	5
43g	Roasted/grilled/baked	烘烤/烧烤/烘焙	1	2	3	4	5
43h	Boiled/steamed/in soup	水煮/清蒸/加入汤内	1	2	3	4	5
How often do you consume chicken/duck prepared:		您多常食用在以下地方烹煮的鸡肉/鸭肉?					
43i	At home	家里	1	2	3	4	5
43j	By food outlet	外食餐厅	1	2	3	4	5

FISH AND SEAFOOD DISHES								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
44	Raw fish/sashimi (no rice)	生鱼/日式生鱼片 (不包括米饭)	1 piece	1 片				Never/Rarely
45	Sushi roll/nigiri (includes rice)	寿司/日式饭团 (包括米饭)	3 pieces, 1 handroll	3 个/1 手卷				Never/Rarely
46	Salted fish/dried fish e.g. ikan bilis	咸鱼/鱼干 例如: 江鱼仔	1 dessert-spoon	1 个甜品勺				Never/Rarely
47	Canned fish e.g. tuna, sardines, dace	罐头鱼 例如: 金枪鱼、沙丁鱼、鲛鱼	1 can (150g)	1 罐 (150 公克)				Never/Rarely
Excluding the fish above, how often do you consume one serving of:		除了以上鱼类之外, 您多常食用一份量的:						
48	White fish (dry and flaky) e.g. pomfret, snapper, bream, catfish, grouper, sea bass, stingray, kuning, cod, dory, fish ball, fish cake	白肉鱼类 (肉质干燥、薄片状) 例如: 鲳鱼、鲷鱼、鳊鱼、鲶鱼、石斑鱼、鲈鱼、魔鬼鱼、君令鱼、鳕鱼、多利鱼、鱼圆、鱼饼	1 fish fillet/ 1 palm-sized piece	1 块鱼片/ 1 个手掌大小				Never/Rarely
49	Oily/fatty fish (solid texture, darker colour) eg. Mackerel / kembong / batang / saba, yellowtail trevally, salmon, sardine, tuna	油性鱼类/多脂鱼类 (肉质扎实、颜色较暗) 例如: 鲭鱼/甘望鱼/马鲛鱼/鲭鱼、黄尾鲷鱼、三文鱼、沙丁鱼、金枪鱼	1 fish fillet/ 1 palm-sized piece	1 块鱼片/ 1 个手掌大小				Never/Rarely
50	Prawns	虾类	1 scoop/ 4 medium prawns	1 勺/ 4 只中型虾				Never/Rarely
51	Crab	螃蟹	half a small crab	半只小螃蟹				Never/Rarely
52	Squid / sotong, cuttlefish, octopus, abalone	鱿鱼/苏东、墨鱼、章鱼、鲍鱼	1 scoop	1 勺				Never/Rarely
53	Oysters / cockles / mussels / scallops	鲜蚝/蛤/贻贝/扇贝	1 scoop (without shells)	1 勺 (去壳)				Never/Rarely

How often do you consume fish/seafood (e.g. fish, prawns, crab, sotong):		您多常以下列的方式食用鱼类/海鲜? (例如: 鱼、虾、螃蟹、苏东)	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
53a	In curry with coconut	和椰浆咖哩一起吃	1	2	3	4	5
53b	In curry without coconut e.g. asam pedas, asam rebus	和不含椰浆的咖哩一起吃 例如: 酸辣亚参鱼	1	2	3	4	5
53c	Stir-fried/pan-fried	干炒/油煎	1	2	3	4	5
53d	Deep-fried	煎炸	1	2	3	4	5
53e	Stewed/braised	炖煮/焖煮	1	2	3	4	5
53f	Roasted/grilled/baked	烘烤/烧烤/烘焙	1	2	3	4	5
53g	Boiled/steamed/in soup	水煮/清蒸/加入汤内	1	2	3	4	5
How often do you consume fish/seafood prepared:		您多常食用在以下地方烹煮的鱼类和海鲜料理?					
53h	At home	家里	1	2	3	4	5
53i	By food outlet	外食餐厅	1	2	3	4	5

MEAT DISHES

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
54	Organ meat (spare parts) e.g. liver, paru/lung, kidney, intestines	动物内脏（各种动物的身体部位） 例如：肝脏、肺、肾、大小肠	1 scoop	1 勺				Never/Rarely
55	Cured pork products e.g. bacon, ham, lap cheong, luncheon meat	经过腌制的猪肉食品 例如：培根、火腿、腊肠、午餐肉	1 sausage, 2 slices bacon/ham; 1 slice luncheon meat	1 条香肠、2 片培根/火腿; 1 片午餐肉				Never/Rarely
56	Pork, fresh	新鲜猪肉	1 palm-sized piece	1 个手掌大小				Never/Rarely
57	Beef burger (inc. bread bun)	牛肉汉堡（包括面包）	1 burger	1 个汉堡				Never/Rarely
58	Beef, fresh (excluding burgers)	新鲜牛肉（汉堡以外）	1 palm-sized piece	1 个手掌大小				Never/Rarely
59	Mutton/Lamb	羊肉/羔羊肉	1 palm-sized piece	1 个手掌大小				Never/Rarely

			Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
59a	How often is there visible fat on the meat you consume?	您多常食用肉块上面可看见脂肪的肉类?	1	2	3	4	5
How often do you consume meat (e.g. beef, pork, mutton):		您多常以下列的方式食用肉类? (例如：牛肉、猪肉、羊肉)					
59b	In curry with coconut	和椰浆咖哩一起吃	1	2	3	4	5
59c	In curry without coconut	和不含椰浆的咖哩一起吃	1	2	3	4	5
59d	Stir-fried/pan-fried	干炒/油煎	1	2	3	4	5
59e	Deep-fried	煎炸	1	2	3	4	5
59f	Stewed/braised	炖煮/焖煮	1	2	3	4	5
59g	Roasted/grilled/baked	烘烤/烧烤/烘焙	1	2	3	4	5
59h	Boiled/steamed/in soup	水煮/清蒸/加入汤内	1	2	3	4	5
How often do you consume meat prepared:		您多常食用在以下地方烹煮的肉类?					
59i	At home	家里	1	2	3	4	5
59j	By food outlet	外食餐厅	1	2	3	4	5

EGG AND EGG DISHES

How often do you consume one serving of: Egg-based mixed dishes (egg is the main ingredient) e.g. omelette, steamed egg, scrambled egg with vegetables, chawanmushi		您多常食用和以下材料一起烹煮的鸡蛋料理？ (鸡蛋是主要材料) 例如：煎蛋、蒸蛋、蔬菜炒蛋、茶碗蒸	One serving means:	一份量等于：	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
60	containing Pork	猪肉	1 scoop/1 piece	1 勺/1 块				Never/Rarely
61	containing Chicken	鸡肉	1 scoop/1 piece	1 勺/1 块				Never/Rarely
62	containing Fish	鱼肉	1 scoop/1 piece	1 勺/1 块				Never/Rarely
63	containing Beancurd	豆腐	1 scoop/1 piece	1 勺/1 块				Never/Rarely
64	containing Vegetables	蔬菜	1 scoop/1 piece	1 勺/1 块				Never/Rarely

How often do you consume egg dishes prepared:		您多常食用在以下地方烹煮的鸡蛋料理？	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
64a	At home	家里	1	2	3	4	5
64b	By food outlet	外食餐厅	1	2	3	4	5

Excluding the egg above, how often do you consume one serving of:		除了上述的鸡蛋料理，您多常食用一份量的：	One serving means:	一份量等于：	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
65	Egg, fried/scrambled/braised	煎蛋/炒蛋/焖蛋	1 egg	1 个鸡蛋				Never/Rarely
66	Egg, boiled / half-boiled / steamed	完全煮熟的水煮蛋/半生熟的水煮蛋/蒸蛋	1 egg	1 个鸡蛋				Never/Rarely

VEGETABLE DISHES								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
67	Broccoli	西兰花	1 scoop	1 勺				Never/Rarely
68	Chye sim/mustard greens/xiao bai cai	菜心/芥菜/小白菜	1 scoop	1 勺				Never/Rarely
69	Kailan	芥蓝菜	1 scoop	1 勺				Never/Rarely
70	Kang kong	空心菜	1 scoop	1 勺				Never/Rarely
71	Spinach	菠菜	1 scoop	1 勺				Never/Rarely
72	Cabbage, white	白卷心菜	1 scoop	1 勺				Never/Rarely
73	Beansprouts	豆芽	1 scoop	1 勺				Never/Rarely
74	Cauliflower	菜花	1 scoop	1 勺				Never/Rarely
75	Eggplant/Brinjal	茄子	1 scoop	1 勺				Never/Rarely
76	Gourd e.g. bitter, bottle, wax, wintermelon	瓜类蔬菜 例如: 苦瓜、葫芦、冬瓜	1 scoop	1 勺				Never/Rarely
77	Celery	芹菜	1 scoop	1 勺				Never/Rarely
78	Ladies fingers/okra	秋葵	1 scoop	1 勺				Never/Rarely
79	Mushrooms	蘑菇	1 scoop	1 勺				Never/Rarely
80	Carrot	红萝卜	1 scoop	1 勺				Never/Rarely
81	Capsicum/paprika	灯笼椒/红辣椒	1 scoop	1 勺				Never/Rarely
82	Dhal/lentils	木豆/扁豆	1 scoop	1 勺				Never/Rarely
83	Peas	豌豆	1 scoop	1 勺				Never/Rarely
84	Long beans and french beans	长豆和四季豆	1 scoop	1 勺				Never/Rarely
85	Other beans e.g. kidney bean, baked beans, chick peas	其他豆类 例如: 芸豆、焗豆、鹰嘴豆	1 scoop	1 勺				Never/Rarely
86	Lotus root	莲藕	1 scoop	1 勺				Never/Rarely
87	Pumpkin	南瓜	1 scoop	1 勺				Never/Rarely
88	Soy beancurd/tofu/taukwa/taupok/tempeh	豆腐/豆干/豆卜/豆酵饼	1/4 block (3cmx3cm) / 1 piece	1/4 块 (3 厘米 X 3 厘米) /1 块				Never/Rarely
89	Corn	玉米	1 cup	1 杯				Never/Rarely
90	Yam	芋头	1 slice	1 片				Never/Rarely
91	Begedil (potato patty)	油炸土豆餅 (马铃薯泥)	1 piece	1 片				Never/Rarely
92	Potato (inc. mash) (excluding french fries)	马铃薯 (包括马铃薯泥) (薯条以外)	Half a potato/ 1 cup	1 半个马铃薯 / 1 杯				Never/Rarely

How often do you consume vegetables:		您多常以下列的方式食用蔬菜？	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
92a	In curry with coconut	和椰浆咖哩一起吃	1	2	3	4	5
92b	In curry without coconut	和不含椰浆的咖哩一起吃	1	2	3	4	5
92c	Stir-fried/pan-fried	干炒/油煎	1	2	3	4	5
92d	Deep-fried	煎炸	1	2	3	4	5
92e	Stewed/braised	炖煮/焖煮	1	2	3	4	5
92f	Roasted/grilled/baked	烘烤/烧烤/烘焙	1	2	3	4	5
92g	Boiled/steamed/in soup	水煮/清蒸/加入汤内	1	2	3	4	5
How often do you consume vegetable dishes:		您多常食用和以下材料一起烹煮的蔬菜料理？					
92h	containing Pork	猪肉	1	2	3	4	5
92i	containing Chicken	鸡肉	1	2	3	4	5
92j	containing Fish	鱼肉	1	2	3	4	5
92k	containing Beancurd	豆腐	1	2	3	4	5
92l	containing Vegetables	蔬菜	1	2	3	4	5
How often do you consume vegetable dishes prepared:		您多常食用在以下地方烹煮的蔬菜？					
92m	At home	家里	1	2	3	4	5
92n	By food outlet	外食餐厅	1	2	3	4	5

How often do you consume one serving of:		您多常食用一份量的：	One serving means:	一份量等于：	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
93	Fried onion e.g. onion rings, onion bhaji	炒洋葱 例如：洋葱圈、印度炸洋葱	1 piece	1 块				Never/Rarely
94	Seaweed e.g. in soup, in Korean/Japanese dishes, as a snack	海带 例如：加入汤内的海带、作为韩式/日式料理配料的海带、海带小吃	3 strips/ 1 dessertspoon	3 条/ 1 个甜品勺				Never/Rarely
95	Lettuce	生菜	4 medium leaves	4 片中型叶子				Never/Rarely
96	Coleslaw	高丽菜沙拉	1 dessertspoon	1 个甜品勺				Never/Rarely
97	Raita (yoghurt with cucumber)	印度脆豆酸奶 (奶酪和黄瓜)	2 dessertspoons	2 个甜品勺				Never/Rarely
98	Cucumber (excluding in raita)	黄瓜 (不包括在印度脆豆酸奶的黄瓜)	3 slices	3 片				Never/Rarely
99	Tomato, raw	生番茄	half a medium tomato; 5 cherry tomatoes	半个中型番茄; 5 个樱桃番茄				Never/Rarely
100	Preserved vegetables e.g. kimchi, dong cai, pickled cucumber	腌制蔬菜 例如：泡菜、冬菜、腌制黄瓜	1 dessertspoon	1 个甜品勺				Never/Rarely

SALAD DRESSINGS								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
101	Salad dressing, cream based, low fat e.g. thousand island, salad cream, mayonnaise	沙拉酱, 以奶油白酱为基底, 低脂 例如: 千岛酱、莎拉奶油酱、蛋黄酱	2 dessertspoons	2 个甜品勺				Never/Rarely
102	Salad dressing, cream based, not low fat e.g. thousand island, salad cream, mayonnaise	沙拉酱, 以奶油白酱为基底, 非低脂 例如: 千岛酱、莎拉奶油酱、蛋黄酱	2 dessertspoons	2 个甜品勺				Never/Rarely
103	Salad dressing, oil-based e.g. vinaigrette, olive oil	沙拉酱, 以油为基底 例如: 法式沙拉酱、橄榄油	2 dessertspoons	2 个甜品勺				Never/Rarely
SOUP								
104	Rasam (tamarind and tomato clear soup)	印度式酸辣汤 (罗望子和番茄清汤)	1 medium bowl	1 中型碗				Never/Rarely
105	Other clear soup e.g. miso, kimchi soup, broth, stock	其他种类的清汤 例如: 味噌汤、泡菜汤、鸡汤、高汤	1 medium bowl	1 中型碗				Never/Rarely
106	Cream soup e.g. cream of mushroom, cream of tomato	以奶油白酱为基底的汤 例如: 奶油蘑菇汤、番茄奶油汤	1 medium bowl	1 中型碗				Never/Rarely

FRUIT								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
107	Apple	苹果	1 small	1 个小苹果				Never/Rarely
108	Avocado	鳄梨	half a fruit	半个水果				Never/Rarely
109	Banana	香蕉	1 medium	1 条中型香蕉				Never/Rarely
110	Blueberries	蓝莓	1 handful/ 25 blueberries	1 把/25 粒 蓝莓				Never/Rarely
111	Dragonfruit	龙珠果	half a fruit	半个水果				Never/Rarely
112	Durian	榴莲	1 seed	1 个籽				Never/Rarely
113	Grape	葡萄	1 handful/ 15 grapes	1 把/15 粒 葡萄				Never/Rarely
114	Guava	番石榴	half a fruit	半个水果				Never/Rarely
115	Kiwi	奇异果	1 whole	1 个				Never/Rarely
116	Mango	芒果	1 slice/ ½ a fruit	1 片/半个 水果				Never/Rarely
117	Melon e.g. honeydew, watermelon, rock melon	瓜类 例如: 哈密瓜、西 瓜、蜜瓜	1 slice	1 片				Never/Rarely
118	Orange	橙	1 small	1 个小型橙				Never/Rarely
119	Papaya	木瓜	1 slice	1 片				Never/Rarely
120	Pear	梨	1 small	1 个小型梨				Never/Rarely
121	Pineapple	凤梨	1 slice	1 片				Never/Rarely
122	Strawberries	草莓	5 strawberries	5 粒草莓				Never/Rarely
123	Dried fruit e.g. raisins, dates, prunes (excluding in bread/breakfast cereal)	干果类 例如: 葡萄干、枣、西梅 (不包括加在面包/早餐谷 类内的)	1 dessertspoon/ 3 dates/prunes	1 甜品勺/3 个枣/西梅				Never/Rarely

BEVERAGES								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
124	Coffee (inc. home-made, coffee shop, gourmet e.g. cappuccino)	咖啡 (包括自家制咖啡、咖啡店售卖的咖啡、精致咖啡 例如: 卡布奇诺)	1 cup	1 杯				Never/Rarely (Skip to #125)

124.1	What type of milk do you <u>usually</u> add to coffee?		您通常会在咖啡内加入哪一类的牛奶?
☐	124a	Sweetened condensed milk	炼奶
☐	124b	Evaporated milk	淡炼奶
☐	124c	Whole milk/powder	全脂牛奶/奶粉
☐	124d	Low-fat milk/powder	低脂牛奶/奶粉
☐	124e	Skimmed milk/powder	脱脂牛奶/奶粉
☐	124f	Soya milk	豆浆
☐	124g	Creamer/whitener	代奶油/奶精
☐	124h	Milk is already added (I drink 3-in-1)	已经加入牛奶 (我喝三合一即冲咖啡。)
☐	124i	Milk is already added (I drink 2-in-1)	已经加入牛奶 (我喝二合一即冲咖啡。)
☐	124j	Do not add milk	不加牛奶

124.2	How much sugar do you <u>usually</u> add to coffee?		您通常会在咖啡内加入多少糖分?
☐	124k	Less than 1 tsp	少过 1 茶匙
☐	124l	1-2 tsp/Ask for less	1-2 茶匙/会要求少糖
☐	124m	3-4 tsp/Ask for regular	3-4 茶匙/会要求一般份量的糖
☐	124n	5+ tsp/Ask for more	5 茶匙或以上/会要求加糖
☐	124o	None	不加糖分

BEVERAGES

How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
125	Tea (inc. home-made, coffee shop)	茶（包括自家制茶饮料、咖啡店售卖的茶）	1 cup	1 杯				Never/Rarely (Skip to #126)

125.1	What type of milk do you <u>usually</u> add to tea?		您 <u>通常</u> 会在茶内加入哪一类的牛奶?
☐	125a	Sweetened condensed milk	炼奶
☐	125b	Evaporated milk	淡炼奶
☐	125c	Whole milk/powder	全脂牛奶/奶粉
☐	125d	Low-fat milk/powder	低脂牛奶/奶粉
☐	125e	Skimmed milk/powder	脱脂牛奶/奶粉
☐	125f	Soya milk	豆浆
☐	125g	Creamer/whitener	代奶油/奶精
☐	125h	Milk is already added (I drink 3-in-1)	已经加入牛奶（我喝三合一即冲奶茶。）
☐	125i	Milk is already added (I drink 2-in-1)	已经加入牛奶（我喝二合一即冲奶茶。）
☐	125j	Do not add milk	不加牛奶

125.2	How much sugar do you <u>usually</u> add to tea?		您 <u>通常</u> 会在茶内加入多少糖分?
☐	125k	Less than 1 tsp	少过 1 茶匙
☐	125l	1-2 tsp/Ask for less	1-2 茶匙/会要求少糖
☐	125m	3-4 tsp/Ask for regular	3-4 茶匙/会要求一般份量的糖
☐	125n	5+ tsp/Ask for more	5 茶匙或以上/会要求加糖
☐	125o	None	不加糖分

BEVERAGES								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
126	Malted drink/hot chocolate e.g. Milo®, Ovaltine®	麦芽饮料/热巧克力饮料 例如: 美禄、阿华田	1 cup / can / pack	1 杯/罐/包				Never/Rarely (Skip to #127)

126.1	What type of milk do you <u>usually</u> add to malted drinks?		您 <u>通常</u> 会在麦芽饮料内加入哪一类的牛奶?
☐	126a	Sweetened condensed milk	炼奶
☐	126b	Evaporated milk	淡炼奶
☐	126c	Whole milk/powder	全脂牛奶/奶粉
☐	126d	Low-fat milk/powder	低脂牛奶/奶粉
☐	126e	Skimmed milk/powder	脱脂牛奶/奶粉
☐	126f	Soya milk	豆浆
☐	126g	Creamer/whitener	代奶油/奶精
☐	126h	Milk is already added (I drink 3-in-1)	已经加入牛奶 (我喝三合一即冲麦芽饮料。)
☐	126i	Milk is already added (I drink 2-in-1)	已经加入牛奶 (我喝二合一即冲麦芽饮料。)
☐	126j	Do not add milk	不加牛奶

126.2	How much sugar do you <u>usually</u> add to malted drinks?		您 <u>通常</u> 会在麦芽饮料内加入多少糖分?
☐	126k	Less than 1 tsp	少过 1 茶匙
☐	126l	1-2 tsp/Ask for less	1-2 茶匙/会要求少糖
☐	126m	3-4 tsp/Ask for regular	3-4 茶匙/会要求一般份量的糖
☐	126n	5+ tsp/Ask for more	5 茶匙或以上/会要求加糖
☐	126o	None	不加糖分

126.3	Is the malted drink <u>usually</u> :		麦芽饮料 <u>通常</u> 是
☐	126p	Packaged	包装类
☐	126q	Freshly prepared/made up with water	现冲的/用热水冲的

BEVERAGES								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
127	Fruit or vegetable juice (100% juice, no added sugar) inc. freshly squeezed or pack	果汁或蔬菜汁 (100% 无加糖) 包括 鲜榨汁或包装	1 glass / bottle / pack	1 玻璃杯 / 瓶/包				Never/Rarely
128	Fruit or vegetable juice drink, not 100% juice (inc. syrups/cordials with water added) e.g. Ribena, Minute Maid	果汁或蔬菜汁 非 100%无加糖 (包括糖浆/加了水的水果口味甜味饮料) 例如: 利宾纳、美粒果	1 glass / bottle / pack	1 玻璃杯 / 瓶/包				Never/Rarely
129	Canned/bottled tea e.g. lemon/peach tea, milk tea, chrysanthemum tea, jasmine green tea	罐装/瓶装茶 例如: 柠檬/水蜜桃茶、奶茶、菊花茶、茉莉绿茶	1 glass / bottle / can	1 玻璃杯 / 瓶/罐				Never/Rarely
130	Canned/bottled coffee e.g. latte, mocha	罐装/瓶装咖啡 例如: 拿铁、摩卡	1 bottle / can	1 瓶/罐				Never/Rarely
131	Other non-carbonated sweetened drinks e.g. sugarcane juice, bandung, waterchestnut drink, barley drink	其他非碳酸甜味饮料 例如: 甘蔗汁、万隆、马蹄水、薏米水	1 glass / bottle / can	1 玻璃杯 / 瓶/罐				Never/Rarely
132	Sports drinks e.g. 100 PLUS®, H-Two-O®	运动饮料 例如: 100 PLUS, H-Two-O	1 glass / bottle / can	1 玻璃杯 / 瓶/罐				Never/Rarely
133	Carbonated soft drinks, sugar free e.g. Coke Zero®	碳酸汽水, 无加糖 例如: Coke Zero	1 glass / bottle / can	1 玻璃杯 / 瓶/罐				Never/Rarely
134	Carbonated soft drinks, regular e.g. regular cola, Fanta®	碳酸汽水, 普通 例如: 可乐、Fanta	1 glass / bottle / can	1 玻璃杯 / 瓶/罐				Never/Rarely
135	Soya milk, low sugar/no sugar added, inc. flavoured e.g. chocolate, fruit, red bean	豆浆, 低糖/无加糖, 包括加了调味料的豆浆 例如: 巧克力、水果、红豆	1 glass / bottle / pack	1 玻璃杯 / 瓶/包				Never/Rarely
136	Soya milk, not low sugar, inc. flavoured e.g. chocolate, fruit, red bean	豆浆, 加糖 包括加了调味料的豆浆 例如: 巧克力、水果、红豆	1 glass / bottle / pack	1 玻璃杯 / 瓶/包				Never/Rarely
137	Milkshake e.g. chocolate, strawberry, banana	奶昔 例如: 巧克力、草莓、香蕉	1 glass	1 玻璃杯				Never/Rarely
138	Yoghurt drink e.g. lassi, Yakult®, Vitagen®	奶酪饮料 例如: 印度酸奶饮料拉西、养乐多、维他精	1 bottle / glass	1 瓶/玻璃杯				Never/Rarely
139	Powdered nutrition drink e.g. whey protein shake, Ensure®, Herbalife®	固体营养饮料 例如: 乳清蛋白粉、培安素营养奶昔, 康宝莱蛋白混合饮料	1 glass / pack	1 玻璃杯 / 包				Never/Rarely
140	Alcoholic beverages	酒精类饮料	1 bottle beer; 1 glass wine; 25ml liqueur	1 瓶啤酒 / 1 杯葡萄酒; 25ml 烈酒				Never/Rarely
141	Water, plain (inc. bottled)	白开水 (包括瓶装水)	1 glass / bottle	1 玻璃杯 / 瓶				Never/Rarely

DAIRY PRODUCTS								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
142	Milk, non-fat (including on cereal but not in tea/coffee)	牛奶, 无脂 (包括加入麦片的牛奶, 不包括加入咖啡/茶的牛奶)	1 glass	1 杯				Never/Rarely
143	Milk, low fat (including on cereal but not in tea/coffee) inc. flavoured e.g. chocolate, strawberry	牛奶, 低脂 (包括加入麦片的牛奶, 不包括加入咖啡/茶的牛奶) 包括加了调味料的牛奶 例如: 巧克力、草莓	1 glass	1 杯				Never/Rarely
144	Milk, whole (including on cereal but not in tea/coffee) inc. flavoured e.g. chocolate, strawberry	牛奶, 全脂 (包括加入麦片的牛奶, 不包括加入咖啡/茶的牛奶) 包括加了调味料的牛奶 例如: 巧克力、草莓	1 glass	1 杯				Never/Rarely
145	Yoghurt / frozen yoghurt inc. flavoured e.g. greek, chocolate, strawberry	奶酪/冷冻奶酪 包括加了调味料的奶酪 例如: 希腊式奶酪、巧克力、草莓	1 pot/pack	1 罐、1 包				Never/Rarely (Skip to #146)
145a	Is the yoghurt usually low fat?	您食用的奶酪通常是低脂的吗?						
☐	Yes	是						
☐	No	否						
146	Cheese (inc. cheese spread)	乳酪 (包括涂抹干酪)	1 slice / 1 dessertspoon	1 片 / 1 甜品勺				Never/Rarely (Skip to #147)
146a	Is the cheese usually reduced fat?	您食用的乳酪通常是低脂的吗?						
☐	Yes	是						
☐	No	否						

SNACKS AND DESSERTS								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
147	Savoury biscuits e.g. cream cracker, rice cracker, pretzel	咸味饼干 例如: 奶油饼干、仙贝、蝶形卷饼	2 pieces	2 块				Never/Rarely
148	Sweet biscuits (no filling) e.g. digestive, marie biscuit, ginger biscuits	甜味饼干(无馅料) 例如: 消化饼干、马利饼、姜汁饼干	2 pieces	2 块				Never/Rarely
149	Biscuits/cookies, with filling or with chocolate e.g. Oreo®, bourbon, Tim Tam®	饼干/曲奇饼干(有馅料或巧克力) 例如: 奥利奥饼干, 软巧克力饼干、甜顶饼干	2 pieces	2 块				Never/Rarely
150	Pastry e.g. egg tart, pineapple tart, red/green bean pastry, croissant, danish, custard puff, cream puff	糕点 例如: 蛋挞、黄梨塔、红/绿豆点心、牛角包、丹麦糕点、奶黄泡芙、奶油泡芙	1 piece	1 块				Never/Rarely
151	Sweet snack, deep-fried e.g. pisang goreng, doughnut, you tiao, ham ching peng	甜味小吃, 煎炸类 例如: 炸香蕉、甜甜圈、油条、咸煎饼	1 piece	1 块				Never/Rarely
152	Sweet desserts and kueh e.g. kueh sarlat, kueh talam, kueh ko swee, coconut burfi, putu mayam, ubi kayu, kesari, jelly/agar agar, kuih lapis	甜点和糕点 例如: 马来班兰糕点、马来椰香番薯糕、马来班兰椰丝杯子糕、印度奶酪蛋糕、印度米粉白糖糕、烤木薯糕、印度大米布丁、燕菜、千层糕	2 pieces	2 块				Never/Rarely
153	Sweet desserts in soup e.g. bubur cha cha, pulut hitam, chendol, green bean soup, ice kacang, cheng tng, payasam (kheer), grass jelly	糖水 例如: 麽麽喳喳、椰奶黑糯米糖水、珍多、绿豆汤、红豆冰、甜点清汤、印度米饭布丁、仙草	1 bowl	1 碗				Never/Rarely

How often are the sweet desserts and kueh, and the desserts in soup:		这些甜点、糕点和糖水多常是	Always 经常	Mostly 大多数时候	Half of the time 大半时候	Sometimes 偶尔	Never/ Rarely 从来不会/ 很少
153a	With coconut/coconut milk	加入了椰子/椰浆	1	2	3	4	5

SNACKS AND DESSERTS								
How often do you consume one serving of:		您多常食用一份量的:	One serving means:	一份量等于:	Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
154	Beancurd dessert e.g. tau huay, soya pudding	豆制甜品 例如: 豆花、黄豆布丁	1 medium bowl	1 中碗				Never/Rarely
155	Pancake/hotcake/waffle (inc. appam)	薄煎饼/薄烤饼/华夫饼 (包括印度薄饼阿帕姆)	1 piece	1 片				Never/Rarely
156	Ice cream	冰淇淋	1 scoop	1 勺				Never/Rarely
157	Cake e.g. plain butter, sponge, fruit, cream cake	蛋糕 例如: 牛油蛋糕、海绵蛋糕、水果蛋糕、奶油蛋糕	1 slice	1 块				Never/Rarely
158	Chocolate	巧克力	1 50g bar	1 块 50 公克				Never/Rarely
159	Seeds e.g. sunflower seeds, sesame seeds	籽 例如: 瓜子、芝麻	1 dessertspoon	1 甜品勺				Never/Rarely
160	Nuts e.g. peanuts, cashews, almonds	干果 例如: 花生、腰果、杏仁	1 dessertspoon	1 甜品勺				Never/Rarely
161	Puffs and pies e.g. curry puff, chicken pie	酥皮角和派 例如: 咖哩角、鸡肉派	1 piece	1 块				Never/Rarely
162	Dumpling e.g. siew mai, wanton, har gow, gyoza	港式点心 例如: 烧卖、云吞、虾饺、饺子	1 piece	1 块				Never/Rarely
163	Fried chips and crackers, savoury e.g. potato chips, prawn crackers, papadam, muruku, keropok, rempeyek, tortilla chips	薯片和薄脆饼干, 咸味 例如: 马铃薯薯片、虾饼、印度油炸脆饼、印度圈圈饼、炸鱼饼、马来蛋花脆饼、墨西哥脆饼	1 handful	1 把				Never/Rarely

DIETARY PRACTICES QUESTIONS			Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃/ 很少吃
DP1	How often do you eat at hawker centres, foods courts or coffee shops?	您多常在熟食中心、食阁或咖啡店吃饭?				Never/Rarely
DP2	How often do you eat at workplace or school canteens?	您多常在工作场所或学校食堂吃饭?				Never/Rarely
DP3	How often do you eat at western fast food outlets or quick-service restaurants?	您多常在西式快餐厅或快餐店吃饭?				Never/Rarely
DP4	How often do you eat at other restaurants?	您多常在其他餐厅吃饭?				Never/Rarely
DP5	How many servings of fruit do you usually eat (excluding juices)? (1 serving is about 1 apple, 1 banana, 1 papaya wedge)	您通常会吃多少份量的水果（不包括果汁）?（1 份量等于一个苹果、一条香蕉、一片木瓜）				Never/Rarely
DP6	How many servings of vegetables do you usually eat? (1 serving is about 1 scoop of vegetables)	您通常会吃多少份量的蔬菜?（1 份量等于 1 勺量的蔬菜）				Never/Rarely

- DP7 What type of tea do you usually consume? (excluding canned/bottled tea) (MAY TICK MULTIPLE OPTIONS)
- ☐ Chinese tea/oolong tea 您通常会喝哪一类的茶?（不包括罐装/瓶装茶）
（可勾选多个选项）
中国茶/乌龙茶
- ☐ English tea/black tea 英式红茶/红茶
- ☐ Green tea 绿茶
- ☐ Herbal tea 凉茶
- ☐ Do not consume tea regularly 不常喝茶
- DP8 At the table, how often do you add salt or sauces to your food? e.g. soy sauce, braised gravy 您在用餐时，多常在食物加入盐或酱汁?（例如：酱油、卤汁）
- ☐ Never 从来不会
- ☐ Sometimes 偶尔
- ☐ Always 经常

DP9.1 What type of fat or oil is usually used for cooking at home?
(TICK ONE ONLY)

- ☐ Butter, dripping, ghee, lard or any other animal fat
- ☐ Canola oil
- ☐ Canola/olive oil blend
- ☐ Canola/sunflower oil blend
- ☐ Coconut oil
- ☐ Corn oil
- ☐ Grapeseed oil
- ☐ Hard margarine
- ☐ Olive oil
- ☐ Palm oil
- ☐ Peanut oil
- ☐ Rice bran oil
- ☐ Sesame oil
- ☐ Soft margarine
- ☐ Soya bean oil
- ☐ Sunflower oil
- ☐ Sunflower/olive oil blend
- ☐ Vanaspati (vegetable ghee)
- ☐ Vegetable oil/blended oil
- ☐ Others
- Please specify: _____
- ☐ Do not eat food cooked at home

您在家里做饭时，最常使用哪一类的脂肪或食用油？
(请只选勾其中一项。)

- 牛油、油滴、印度液体奶油、猪油或其他动物脂肪
- 芥花籽油
- 芥花籽油/橄榄混合油
- 芥花籽油/向日葵花籽混合油
- 椰油
- 玉米油
- 葡萄籽油
- 硬性人造黄油
- 橄榄油
- 棕榈油
- 花生油
- 米糠油
- 芝麻油
- 软性人造黄油
- 黄豆油
- 葵花籽油
- 葵花籽油/橄榄混合油
- 印度人造黄油（用植物油脂制成）
- 菜油/混合油
- 其他
- 请注明：_____
- 不吃家里煮的饭菜

			Per day 每天	Per week 每周	Per month 每月	Never/ Rarely 从来不吃 /很少吃
DP9.2	<u>In the past month</u> , how often did you prepare a meal (cook food)?	<u>在过去一个月</u> ，你多常准备自己的餐点（自己下厨）？				Never/Rarely
DP9.3	<u>In the past month</u> , how often did you prepare a meal (cook food) from fresh ingredients?	<u>在过去一个月</u> ，您多常用新鲜的食材来准备自己的餐点（自己下厨）？				Never/Rarely

DP10 Do you take vitamins or supplements?

您有在服用维生素或营养补充品吗?

- ☐ Yes
- ☐ No (Go to Section B)

是

否 (Go to Section B)

DP10a If yes, please state the name, brand, number, frequency and duration below.

如果有在服用维生素或营养补充品, 请注明名称、品牌、数量、频率和您持续服用了多长时间。

	Type e.g. Vitamin C, multivitamin 种类 例如: 维生素 C, 复合维生素	Brand name 品牌	Dose/ Strength e.g. 500mg (if known) 剂量 例如: 500mg (若有说明)	Number of pills / Capsules 药丸或胶囊数量	Frequency 频率			Length of time taking supplement 持续服用期间		
					Every day 每天	At least once a week 一周 至少 一次	Less than once a week 少过 一周 一次	Less than 1 year 少过 1 年	Between 1-5 years 1 - 5 年	More than 5 years 5 年以 上
1					1	2	3	1	2	3
2					1	2	3	1	2	3
3					1	2	3	1	2	3
4					1	2	3	1	2	3
5					1	2	3	1	2	3
6					1	2	3	1	2	3
7					1	2	3	1	2	3
8					1	2	3	1	2	3
9					1	2	3	1	2	3
10					1	2	3	1	2	3
11					1	2	3	1	2	3
12					1	2	3	1	2	3

SECTION B – LIFESTYLE FACTORS

生活方式

Self-reported Height and Weight

自我报道身高和体重

B1 How tall are you without shoes?

您不穿鞋子时有多高?

_____ cm

_____ 公分

B2 How much do you weigh?

您的体重是多少?

_____ kg

_____ 公斤

Eating Pattern

饮食模式

B3 How many times per day do you eat?
Include meals and snacks, but not beverages.

您每天进食多少次? 答案请包括正餐和小吃, 但不包括饮料。

- 1) 1 or 2 times per day
- 2) 3/day
- 3) 4/day
- 4) 5/day
- 5) 6/day
- 6) 7/day
- 7) 8/day
- 8) 9 or more times per day

- 1) 一天一到两次
- 2) 一天三次
- 3) 一天四次
- 4) 一天五次
- 5) 一天六次
- 6) 一天七次
- 7) 一天八次
- 8) 一天九次以上

B4 In a typical week, on how many days do you eat breakfast?

在平常的一个星期里, 您有多少天会吃早餐?

- 1) Zero (0)
- 2) 1
- 3) 2
- 4) 3
- 5) 4
- 6) 5
- 7) 6
- 8) 7

- 1) 没有(零)
- 2) 一天
- 3) 两天
- 4) 三天
- 5) 四天
- 6) 五天
- 7) 六天
- 8) 七天

B5 How fast is your rate of eating?

- 1) Very slow
- 2) Relatively slow
- 3) Medium
- 4) Relatively fast
- 5) Very fast

Drinking

*1 alcohol serving: 2/3 of 1 mug/can of beer (220ml),
1 glass of wine (about 100ml), 1 measure of hard liquor (20-30ml).

B6
For women:
Did you have 4 or more servings of alcohol at a single drinking session
in the past month?

- 1) Yes
- 2) No

For men:
Did you have 5 or more servings of alcohol at a single drinking session
in the past month?

- 1) Yes
- 2) No

您吃东西的速度如何?

- 1) 非常慢
- 2) 较慢
- 3) 中度
- 4) 较快
- 5) 非常快

喝酒

1份酒: 3分之2杯/罐啤酒 (220ml),
1杯葡萄酒 (大约100ml), 1份烈酒 (20-30ml)

女性:
您在过去三十天中是否曾经一次喝了 4 份或超过 4
份的酒?

- 是
- 否

男性:
您在过去三十天中是否曾经一次喝了 5 份或超过 5
份的酒?

- 是
- 否

Smoking**吸烟**

B7.1 Have you ever smoked at least 100 cigarettes (about 5 packs) in your lifetime?

从您出生到现在, 您是否曾经吸过至少 100 支香烟 (大约 5 包) ?

Interviewers' Guide: Captures exposure to all forms of tobacco smoking, except Shisha

1) Yes

有

2) No (Go to B7.7)

没有 (Go to B7.7)

888) Refuse to answer

拒绝回答

B7.2 Do you smoke cigarettes currently?

您目前是否有吸烟?

1) Yes

有

2) No (Go to B7.5)

没有 (Go to B7.5)

888) Refuse to answer

拒绝回答

B7.3 Do you smoke cigarettes...?

您是否... 吸烟?

Interviewers' Guide: "Currently" refers to period around time of interview

1) Everyday

每天

2) Occasionally (Go to B7.5)

偶尔 (Go to B7.5)

888) Refuse to answer (Go to B7.5)

拒绝回答 (Go to B7.5)

B7.4 When did you start smoking cigarettes daily?

您什么时候开始每天吸烟?

Age when started 开始的年龄

(or) Year when started 开始的年份

|_|_|_|_|_|_|_|

(or) years ago 年前

888) Refuse to answer 拒绝回答

999) Do not know 不知道

} → (Go to B7.6)

B7.5 When did you last stop smoking cigarettes regularly?

您最后一次停止经常吸烟, 是什么时候?

Interviewers' Guide: Participant might have tried to quit repeatedly. Ask for the last quit year. "Stop smoking" means a total cessation in smoking.

Age when stopped 停止时的年龄

(or) Year when stopped 停止时的年份

|_|_|_|_|_|_|_|

(or) years ago 年前

888) Refuse to answer (Go to B7.7) 拒绝回答 (Go to B7.7)

999) Do not know (Go to B7.7) 不知道 (Go to B7.7)

B7.6 Please describe your cigarette smoking pattern from time you started smoking till present/you stopped.

请您描述从开始吸烟直到您目前的吸烟模式或停止吸烟的模式。

Interviewers' Guide:

- Ask participant about the entire period of his life when he/she was smoking cigarettes, starting from earliest to the most recent.
- Document the type of cigarettes he/she smoked and the amount smoked per day/week/month.
- If participant is a very irregular smoker who is completely unable to gauge his or her usage, put down answer as "1 time per month".
- Also record intermittent period(s) of non-smoking.

From 从 [MM / YYYY]	To 到 [MM / YYYY]	Type of cigarettes smoke /香烟的种类		Amount smoked /吸烟 的份量	Per ... /每...		
					day 天	Week 周	Month 月
		1) Manufactured cigarettes 2) Hand-rolled cigarettes / tahl / liangs / Ang hun 3) Not smoking in this period	制成香烟 手卷烟 在这期间没吸烟	Sticks 支	1	2	3
		1) Manufactured cigarettes 2) Hand-rolled cigarettes / tahl / liangs / Ang hun 3) Not smoking in this period	制成香烟 手卷烟 在这期间没吸烟	Sticks 支	1	2	3
		1) Manufactured cigarettes 2) Hand-rolled cigarettes / tahl / liangs / Ang hun 3) Not smoking in this period	制成香烟 手卷烟 在这期间没吸烟	Sticks 支	1	2	3
		1) Manufactured cigarettes 2) Hand-rolled cigarettes / tahl / liangs / Ang hun 3) Not smoking in this period	制成香烟 手卷烟 在这期间没吸烟	Sticks 支	1	2	3

B7.7 Have you ever smoked any of the following other tobacco products besides cigarettes? **[SHOWCARD]**

除了香烟以外，您是否曾吸过以下的其他烟草产品？

	List of other tobacco products	其他烟草产品列表	Yes 是			No 否
			Daily 每天	Occasionally 偶尔	Have stopped using other smoked tobacco products 已停止吸其他烟草产品	
a	Cigars	雪茄	1	2	3	4
b	Cigarillos	小雪茄	1	2	3	4
c	Shisha (waterpipe)	水烟	1	2	3	4
d	Beedis	比迪烟	1	2	3	4
e	Rolled cigarettes / Ang Hun (loose tobacco)	手卷香烟(散烟草)	1	2	3	4
f	Others (Please specify: _____)	其他 (请注明: _____)	1	2	3	4

B8 PHYSICAL ACTIVITY**体能活动**

I would like you to think about the physical activities that you do in the last three months.

请您想想，您在过去三个月做的体力活动

Leisure Time Activity**休闲活动**

I would like you to think about the things that you do in your free time.

请您想想，您在休闲的时候做的活动。

On average,

平均次数,

B8.1 How much time do you usually spend watching TV/ DVDs/ videos on a typical weekday?

在平常的周日里，您通常花多少时间观看电视/ DVD/ 影片？

_____ hours or _____ minutes

_____ 小时或 _____ 分钟

B8.2 How much time do you usually spend watching TV/ DVDs/ videos on a typical weekend day?

在平常的周末里，您通常花多少时间观看电视/ DVD/ 影片？

_____ hours or _____ minutes

_____ 小时或 _____ 分钟

B8.3 Which of the following do you do in your spare time (outside working hours)? **[SHOWCARD]**

您在空余时间（工作时间以外）进行下列哪项？
[SHOWCARD]

Activities	活动	How many times per week 每周有多少次	How many times per month 每月有多少次	On average, how long do you do this activity each time? (duration in minutes) 您平均每次做这个活动多久？(持续时间以分钟为单位)
Walking and Miscellaneous	步行和其他			
1. Walking for pleasure or walking for exercise (e.g. walking with children or pets - DO NOT include walking to get from one place to another)	为了休闲或锻炼身体而散步(如带孩子或宠物散步， 不包括 从一个地方步行到另一个地方)			
2. Bicycling for pleasure	为了休闲而骑自行车			
3. Dancing-ballroom, square, line and / or disco	跳舞——标准舞、土风舞、排舞和/或迪斯科			
4. Dancing-aerobic, ballet	跳舞——有氧舞蹈、芭蕾舞			
Conditioning Exercise	运动训练			
9. Home exercise (e.g. sit-ups, push-ups)	家中运动(如仰卧起坐、俯卧撑)			
10. Health club exercise classes (e.g. aerobics)	健身俱乐部健身课程(如健身操)			
11. Jog/walk combinations	慢跑/散步			
12. Balance exercises: Taiqi, Qigong, breathing exercises	平衡性运动: 太极、气功、呼吸练习			
13. Running	跑步			
14. Weight lifting	举重			

Activities 活动	How many times per week 每周有多少次	How many times per month 每月有多少次	On average, how long do you do this activity each time? (duration in minutes) 您平均每次做这个活动多久? (持续时间以分钟为单位)
Water Activities 水上运动			
18. Canoeing or rowing for pleasure 为了休闲, 划独木舟或划船			
19. Canoeing or rowing for competition 为了比赛, 划独木舟或划船			
20. Swimming (at least 50 m in a pool) 游泳(在泳池游至少 50 米)			
21. Swimming at the beach 在海边游泳			
Sports Activities 体育运动			
24. Bowling 保龄球			
26. Table tennis 乒乓球			
27. Tennis-singles 网球单打			
28. Tennis-doubles 网球双打			
32. Badminton 羽毛球			
33. Basketball/netball - non score game i.e. not keeping score 篮球/英式篮球-非比赛性的, 不记分数			
34. Basketball/netball - game play (keeping score) 篮球/英式篮球-比赛性的, 计分数			
37. Soccer (football) 足球			
42.1 Golf: riding a powerkart /buggy 高尔夫球: 乘坐电动车/球车			
42.2 Golf: walking and pulling clubs on cart 高尔夫球: 步行并用手推车拉球杆			
42.3 Golf: walking and carrying clubs 高尔夫球: 步行并背着球杆			
B8.4 Please list any other leisure time activities that you do regularly that have not been included in the list. 列出您定期进行的任何其他不包括在列表中的闲暇活动。			
B8.4.1			
B8.4.2			

B9 Occupational Physical Activity

职业体育活动

B9.1 In the last 3 months, did you hold any job that last for more than 1 month?

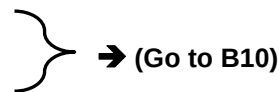
- 1) Yes
2) No
888) Refuse to answer

在过去 3 个月，您有没有持续做任何工作超过 1 个月？

是

否

拒绝回答



B9.2 I would like you to think about the activities you do at work over the last 3 months.

Under Hours of work per day, ask “....on average, how many hours a day do you work?” Then minus the time taken for breaks. If overtime is a regular feature in this participant's work, include this in the number of hours done in an average day.

Under Days of work per week, record how many days per week the participant is required to work. This includes overtime, if it is a regular feature of this job.

Under Hours spent sitting per day while at work, record the number of hours spent doing his/her job while in a sitting position.

Job name should be descriptive enough to give an idea of the kind of intensity of job activity. E.g. document “physical trainer” or “speech trainer”, instead of just “trainer” or name of organization.

我想请您回想一下您在过去 3 个月在工作时间您所做的活动。

在每天工作的时数，问：“.....平均来说，您每天工作多少小时？然后减去休息的时间。如果参与者的工作需要常常加班，则将加班时数包括在每天平均的工作时数。

在每周工作的天数，记录参与者每周需要工作的天数。如果参与者的这项工作需要常常加班，将加班的天数也包括在每天平均加班工作的天数。

每天在工作中坐下的时间，记录他/她工作时坐着的时数。

工作名称应该是足以描述工作活动的强度。例如记录“体能教练”或“语音教练”，而不是记录“教练”或机构名称。

S/N	Job Name 工作名称	Hours of work per day 每天工作多少小时	Days of work per week 每周工作多少天	Number of weeks in the last 3 months at the job 在过去 3 个月的工作周数	Hours spent sitting per day while at work 每天在工作中坐下的时数	Number of hours spent per day in each categories below when you are not sitting 当您不坐着时，您每天花多少时间在以下的每个类别 [SHOWCARD]		
						Light activity 轻微活动	Moderate activity 中度活动	Vigorous activity 剧烈活动
1								
2								
3								
4								
				Min 4 Max 12	Sum total no. of hours = hours of work per day			

B10 Transportation**交通**

In this context, the sole purpose of walking, cycling or taking motorised transport is to travel from one place to another. It does not refer to walking, cycling or taking motorised transport while on your job.

在这个项目的情况下，步行、骑脚车、驾驶或骑/乘坐交通工具的唯一目的，是为了从一个地方去到另一个地方。这不包括您在工作时需要的步行、骑脚车、驾驶或骑/乘坐交通工具。

B10.1 Do you walk for at least **10 minutes continuously** to get to and from places?

您有没有**持续**步行至少**10分钟**来回一些地方？

1) Yes

是

2) No (Go to B10.5)

否 (Go to B10.5)

B10.2 In a typical week, how many days do you walk for at least **10 minutes continuously** to get to and from places?

在平常的一周里，您有几天**持续**步行至少**10分钟**来回一些地方？

_____ days a week

每周_____天

B10.3 On one of those days that you walk for at least **10 minutes continuously**, how much time would you typically walk for travel?

在**持续**步行至少**10分钟**的一天里，您会花多少时间步行来回一些地方？

_____ hours or _____ minutes

_____ 小时（或）_____ 分钟

B10.4 What is the intensity of walking?

您步行的强度是什么？

GUIDE: Ask the participant in terms of breathing intensity as described in the parentheses. Do not suggest “light”, “moderate”, or “vigorous” to the participant.

指南：问参与者有关呼吸强度。只要跟参与者读括弧里的句子。不要讲“轻微”“中度”“剧烈”

- 1) Light (no change in breathing pattern)
- 2) Moderate (make you breathe somewhat harder than normal)
- 3) Vigorous (make you breathe much harder than normal)

- 1) 轻微（呼吸没有变化）
- 2) 中度（呼吸会比平常快）
- 3) 剧烈（呼吸比平常更快）

B10.5 Do you use a bicycle (pedal cycle) for at least **10 minutes continuously** to get to and from places? 您有没有骑一辆脚踏车持续至少 **10 分钟** 来回一些地方?

Guide: This does not refer to motorized cycles, whether by electric or engine version.

指南: 这不包括用电池或摩托发动的电动脚踏车。

- | | |
|---------------------|--------------------|
| 1) Yes | 1) 是 |
| 2) No (Go to B10.9) | 2) 否 (Go to B10.9) |

B10.6 In a typical week, how many days do you bicycle for at least **10 minutes continuously** to get to and from places? 在平常的一周里, 您有几天持续 骑脚车至少 **10 分钟** 来回一些地方?

_____ days a week 每周_____天

B10.7 On one of those days that you bicycle for at least **10 minutes continuously**, how much time would you typically bicylce for travel? 在持续骑脚车至少 **10 分钟** 的一天里, 您会花多少时间骑脚车来回一些地方?

_____ hours or _____ minutes _____ 小时 (或) _____ 分钟

B10.8 What is the intensity of bicycling? 您骑脚车的强度是什么?

Guide : Ask the participant in terms of breathing intensity as described in the parentheses. Do not suggest "light", "moderate", or "vigorous" to the participant.

指南: 问参与者有关呼吸强度。只要跟参与者读括弧里的句子。不要讲“轻微”“中度”“剧烈”

- | | |
|--|--------------|
| 1) Light (no change in breathing pattern) | 轻微 (呼吸没有变化) |
| 2) Moderate (make you breathe somewhat harder than normal) | 中度 (呼吸会比平常快) |
| 3) Vigorous (make you breathe much harder than normal) | 剧烈 (呼吸比平常更快) |

Shareable bicycle use

B10.9 Do you use shareable bicycles (E.g. 'oBike', 'moBike', 'ofo' bicycles)?

- 1) Yes
- 2) No (Go to B10.15)

B10.10 Over the past three months, how many times per week have you typically used these bikes?

On average, _____ times per week

B10.11 On a day that you use a shareable bicycle, how much time would you typically spend riding the shareable bicycle?

_____ hours or _____ minutes

B10.12 What is the intensity of bicycling when you ride a shareable bicycle?

Guide : Ask the participant in terms of breathing intensity as described in the parentheses. Do not suggest "light", "moderate", or "vigorous" to the participant.

指南：问参与者有关呼吸强度。只要跟参与者读括弧里的句子。不要讲“轻微”“中度”“剧烈”

- | | |
|--|----------------|
| 1) Light (no change in breathing pattern) | 1) 轻微（呼吸没有变化） |
| 2) Moderate (make you breathe somewhat harder than normal) | 2) 中度（呼吸会比平常快） |
| 3) Vigorous (make you breathe much harder than normal) | 3) 剧烈（呼吸比平常更快） |

B10.13 When you use a shareable bicycle, which option best represents the typical purpose of most trips:

- | | |
|--|-------------------------|
| 1) Travel to the bus stop or MRT/LRT station. | 1) 前往巴士车站或地铁/轻轨列车车站 |
| 2) Travel from home to your place of work. | 2) 从住家前往工作场所 |
| 3) Travel from home to your place of study. | 3) 从住家前往学习场所 |
| 4) Travel to the shops. | 4) 前往商店 |
| 5) I do not use shareable bicycle for travel for most of the trips | 5) 在大部分的旅程中，我不使用共享脚踏车旅行 |

B10.14 Do you use a shareable bicycle for trip purposes other than transport (e.g. for leisure time activity)?

- | | |
|--------|------|
| 1) Yes | 1) 是 |
| 2) No | 2) 否 |

使用共享脚踏车

您有没有使用共享脚踏车（例如：“oBike”，“摩拜单车”，“ofo”共享單車）？

- 1) 是
- 2) 否 (Go to B10.15)

在过去的三个月里，您每星期有几次曾使用过共享脚踏车？

一个星期平均 ____ 次

当您使用共享脚踏车的那一天里，您会花多少时间骑共享脚踏车？

_____ 小时（或） _____ 分钟

当您使用共享脚踏车时，您骑脚踏车的强度是什么？

- 1) 轻微（呼吸没有变化）
- 2) 中度（呼吸会比平常快）
- 3) 剧烈（呼吸比平常更快）

当您使用共享脚踏车时，以下哪一项最能代表您通常骑脚踏车的目的？

- 1) 前往巴士车站或地铁/轻轨列车车站
- 2) 从住家前往工作场所
- 3) 从住家前往学习场所
- 4) 前往商店
- 5) 在大部分的旅程中，我不使用共享脚踏车旅行

除了用作交通目的之外，您有没有为了其他目的而使用共享脚踏车（例如：为了休闲活动）？

- 1) 是
- 2) 否

B10.15 How much time would you spend sitting during motorized transport (e.g. car, bus or MRT) for travel on a day?

_____ hours or _____ minutes

在平常的一天里，您会花多少时间乘坐交通工具（例如驾车，搭巴士或地铁），来回一些地方？

_____ 小时（或）_____ 分钟

B10.16 In a typical week, how many days do you drive or ride motorized transport to get to and from places?

_____ days a week

在平常的一个星期中，您有几天是驾驶或骑乘坐交通工具来回一些地方？

每周_____天

B11 Total Sitting Time

坐下的总时间

[SHOWCARD]

B11.1 How much time do you usually spend sitting or reclining on a typical weekday?

_____ hours or _____ minutes

在平常的周日里，您通常会花多少时间坐着或躺着？

_____ 小时（或）_____ 分钟

B11.2 How much time do you usually spend sitting in your free time on a typical weekday?

_____ hours or _____ minutes

在平常的周日里，您通常会花多少空闲时间坐着？

_____ 小时（或）_____ 分钟

B11.3 How much time do you usually spend sitting or reclining on a typical weekend day?

_____ hours or _____ minutes

在平常的周末里，您通常会花多少时间坐着或躺着？

_____ 小时（或）_____ 分钟

B11.4 How much time do you usually spend sitting in your free time on a typical weekend day?

_____ hours or _____ minutes

在平常的周末里，您通常会花多少空闲时间坐着？

_____ 小时（或）_____ 分钟

B12 General**一般的问题**

B12.1 How many flights of stairs (not individual steps) do you climb daily?

- 1) 2 flights or less
- 2) 3-4
- 3) 5-9
- 4) 10-14
- 5) 15 or more flights

您每天会爬几段（不是个别梯级）楼梯？

- 1) 两段或更少
- 2) 三到四
- 3) 五到九
- 4) 十到十四
- 5) 十五段或更多

B12.2 Think about your physical activity in the past 1 month, excluding the time you spent working at a job.

想想您过去 1 个月的体力运动，不包括您在工作中工作的时间。

Which of the 6 statements below best describes the physical activity you usually did in the past 1 month?

以下 6 个语句中的哪一个最能描述您过去 1 个月平常所做的体力活动？

- 1) I did not do much physical activity. I mostly did things like watching television, reading, playing cards, or playing computer games. Only occasionally, no more than once or twice a month did I do anything more active such as going for a walk or playing tennis.
- 2) Once or twice a week, I did light activities such as getting outdoors on the weekends for an easy walk or stroll. Or once or twice a week, I did chores around the house such as sweeping floors or vacuuming.
- 3) About three times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for about 15-20 minutes each time. Or about once a week, I did moderately difficult chores such as scrubbing floors or handwashing clothes for about 45-60 minutes or played sports such as badminton, basketball, or soccer for about 45-60 minutes.
- 4) Almost daily, that is five or more times a week, I did moderate activities such as brisk walking, swimming, or riding a bike for 30 minutes or more each time. Or about once a week, I did moderately difficult chores or played sports for 2 hours or more.
- 5) About three times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.
- 6) Almost daily, that is five or more times a week, I did vigorous activities such as running or riding hard on a bike for 30 minutes or more each time.

我不太做体力运动。我通常会看电视，阅读，玩牌，或玩电子游戏等活动。偶尔每个月我会从事一次或最多两次较动态的活动像散步或打网球。

每一星期我会从事一到两次轻度的体力活动，像到户外去散步或是扫地或吸尘等家务。

大约每周三次，我会从事中等强度的体力活动，如快步走，游泳或骑脚踏车每次约 15-20 分钟。或者每周一次，我会做一些中等强度的家务，如刷地或用手洗衣服约 45-60 分钟。或者每周一次，我玩羽毛球，篮球或足球等运动约 45-60 分钟

几乎每天，也就是每周五次或更多次，我会从事中等强度的体力活动，如快步走，游泳，或骑脚踏车每次 30 分钟或以上。或者每周一次，我做了中等强度的家务，或运动 2 小时或以上。

每周约三次，我做了剧烈的体力活动，如跑步或骑脚踏车 30 分钟或更长时间。

几乎每天，也就是每周五次或更多次，我做了剧烈的体力活动，如跑步或骑脚踏车 30 分钟或更长的时间。

B13 – PITTSBURGH SLEEP QUALITY INDEX

匹兹堡睡眠质量指数

University of Pittsburgh (owner) & MAPI Research Trust (for translations)

B13.10. In general how is your energy level in the morning? B13.10 一般来说，您早上时的精力如何？

- | | |
|--------------|--------|
| 1) Very low | 1) 非常差 |
| 2) Low | 2) 差 |
| 3) Moderate | 3) 中等 |
| 4) High | 4) 好 |
| 5) Very High | 5) 非常好 |

B13.11. In general how is your energy level in the evening? B13.11 一般来说，您傍晚时候的精力如何？

- | | |
|--------------|--------|
| 1) Very low | 1) 非常差 |
| 2) Low | 2) 差 |
| 3) Moderate | 3) 中等 |
| 4) High | 4) 好 |
| 5) Very High | 5) 非常好 |

SECTION C – PERSONAL AND SOCIAL BACKGROUND

个人与社会背景

C1 Gender:

性别:

1) Male

男

2) Female

女

C2 What is your current ethnicity according to your NRIC?

您目前身份证上所写的种族是什么？

1) Chinese

华人

2) Malay

马来人

3) Indian

印度人

4) Others, please specify _____

其他, 请列明: _____

C3 What is your current marital status?

您目前的婚姻状况是什么？

1) Never married

从未结婚

2) Currently married

已婚

3) Separated but not divorced

分居但没有离婚

4) Divorced

离婚

5) Widowed

丧偶

888) Refuse to answer

拒绝回答

C4 Do you have any children? Include those living with you and not living with you.

您有孩子吗？包括那些与您一起生活及不一起生活的孩子。

Interviewers' Guide: Include biological and adopted children

1) Yes

有

2) No (Go to C5)

没有 (Go to C5)

888) Refuse to answer (Go to C5)

拒绝回答 (Go to C5)

C4.1 How many children do you have under 5 years of age? 您有几位 5 岁以下的孩子 ?

Answer: _____

C4.2 How many children do you have between 5 and 12 years of age? 您有几位 5 岁至 12 岁之间的孩子 ?

Answer: _____

C4.3 How many children do you have between 13 and 20 years of age? 您有几位 13 岁至 20 岁之间的孩子 ?

Answer: _____

C4.4 How many children do you have age 21 years and older? 您有几位 21 岁以上的孩子 ?

Answer: _____

C4.5 Do you have any grandchildren? 您有孙子吗 ?

- | | | |
|------|------------------|------|
| 1) | Yes | 有 |
| 2) | No | 没有 |
| 888) | Refuse to answer | 拒绝回答 |

C5 Which of the following best describes your usual work status over the last 12 months? 以下哪一项最可以形容您在过去 12 个月中的一般工作状况 ?

Interviewers' Guide:

If participant works intermittently and is unable to commit to any of the choices, classify him as working.

"Unemployed (able to work)" describes a person who is fit to work but have not yet found employment.

"Unemployed (unable to work)" describes a person who is unable to work due to a medical condition.

"Others" describe persons such as disabled persons and persons with private means. Prisoners, patients of mental hospitals, inmates of homes for the aged as well as those who are awaiting call-up for National Service are included in this category.

- | | | | |
|------|-----------------------------|----------------|----------------|
| 1) | Working (Go to C5.1) | 工作(Go to C5.1) | } → (Go to C6) |
| 2) | Student (full-time) | 学生 (全职) | |
| 3) | Homemaker/Housewife | 主妇/家庭主妇 | |
| 4) | Retired | 退休 | |
| 5) | Unemployed (able to work) | 未被雇用 (有工作能力) | |
| 6) | Unemployed (unable to work) | 未被雇用 (没有工作能力) | |
| 7) | Others* | 其他* | |
| 888) | Refuse to answer | 拒绝回答 | |

C5.1 How satisfied are you with your job? 您对您的工作有多满意 ?

- | | | |
|----|----------------------|-------|
| 1) | Not at all satisfied | 完全不满意 |
| 2) | Not too satisfied | 不太满意 |
| 3) | Somewhat satisfied | 还算满意 |
| 4) | Very satisfied | 非常满意 |

C6 Thinking over the past year, can you tell me what the average earnings of the household have been per month?

在过去的一年, 您每月的平均家庭收入是多少? **[SHOWCARD]**

[SHOWCARD]

Interviewers' Guide: The monthly average of the total income of all members of the household.

This does not include tenants' earnings, but include tenants' rent payment to the household.

Income also includes regular inflow of cash from a welfare organization, a pension and money given by participant's children or from relatives staying in another household.

Circle "less than \$2000" if the entire household is not receiving any income and is dependent on savings.

- | | | |
|------|----------------------|---------------------|
| 1) | Less than \$ 2 000 | 少于\$ 2 000 |
| 2) | \$ 2 000 to \$ 3 999 | \$ 2 000 到 \$ 3 999 |
| 3) | \$ 4 000 to \$ 5 999 | \$ 4 000 到 \$ 5 999 |
| 4) | \$ 6 000 to \$ 9 999 | \$ 6 000 到 \$ 9 999 |
| 5) | More than \$ 10 000 | 多于 \$ 10 000 |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

C7 What type of house do you live in?

您居住于哪一种住宅?

Interviewers' Guide:

If participant is a tenant of a rented property, classify him as "Others" and specify, e.g. "renting 1 room in a 4 room HDB flat".

"Others" may include nursing home, hostel, barracks, workplace etc.

- | | | |
|------|---------------------------------|-------------------|
| 1) | HDB 1 – 2 room flat | HDB 1–2 房式组屋 |
| 2) | HDB 3 room flat | HDB 3 房式组屋 |
| 3) | HDB 4 room flat | HDB 4 房式组屋 |
| 4) | HDB 5 room or executive flat | HDB 5 房式组屋或执行共管公寓 |
| 5) | Private condominium | 私人公寓 |
| 6) | Private house (landed property) | 私人住宅 (有地住宅) |
| 7) | Others, please specify: _____ | 其它, 请注明: _____ |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

C8 What is the highest level of education that you have attained? **[SHOWCARD]**

您接受过的最高等级的教育是什么？**[SHOWCARD]**

Interviewers' Guide: This question is designed to find out about the formal education. Probe the response if it seems that the participant's answer is reporting the highest level of school attended, not necessary completed.

- | | | |
|------|--|-------------------|
| 1) | No formal qualifications/lower primary | 未接受正规教育/小学教育 |
| 2) | Primary (PSLE) | 小学 (PSLE) |
| 3) | Secondary ('O'/'N' Level) | 中学 ('O' / 'N' 水准) |
| 4) | ITE/NTC | ITE/NTC |
| 5) | 'A' level/Polytechnic/Diploma | 'A' 水准 / 理工学院文凭 |
| 6) | University | 大学和以上学历 |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

The following questions are about your cultural background and preferences for other cultures. Research has shown that other cultures can influence one's lifestyle, diet, physical activity – behaviors that affect health. These questions will give us an idea how much influence there is from other cultures. There are questions about the ethnicity of the people you socialize with.

接下来的问题是有关您本身的文化背景和比较喜欢的文化。研究显示，其他文化可以影响个人的生活方式、饮食习惯、体力活动等会关系到健康的行为。这些问题可以让我们了解其他文化有多少的影响。我们也会问关于您社交圈里其他种族的人。

C9. What generation Singapore resident are you?

您是第几代新加坡公民？

- | | | |
|----|--|---|
| 1) | First generation: I was born in a country other than Singapore | 第一代：我在新加坡以外的国家出世。 |
| 2) | Second generation: I was born in Singapore, either parent was born in another country (go to C12) | 第二代：我在新加坡出世，父母其中一位在新加坡以外的国家出世。(go to C12) |
| 3) | Third generation: I was born in Singapore, both parents were born in Singapore and all grandparents were born in another country (go to C12) | 第三代：我在新加坡出世，父母双方都在新加坡出世。祖父母全部在新加坡以外的国家出世。(go to C12) |
| 4) | Fourth generation: I was born in Singapore, both parents were born in Singapore and at least one grandparent was born in Singapore and at least one grandparent in another country (go to C12) | 第四代：我在新加坡出世，父母双方都在新加坡出世。祖父母至少一位在新加坡出世和一位在新加坡以外的国家出世。(go to C12) |
| 5) | Older generation: I was born in Singapore, both parents were born in Singapore, and all grandparents were also born in Singapore (go to C12) | 更上一代：我在新加坡出世，父母双方都在新加坡出世。祖父母全部也在新加坡出世。(go to C12) |

C10. In what country were you born?

您在哪个国家出世？

- 1) Malaysia
- 2) Indonesia
- 3) Other Southeast Asian countries (e.g. Vietnam, Thailand, Philippines)
- 4) China
- 5) Hong Kong, Taiwan, Japan or South Korea
- 6) India
- 7) Other Asian countries
- 8) Australia, New Zealand, Europe, USA or Canada
- 9) Latin America
- 10) Africa
- 11) Others

马来西亚
印度尼西亚
其他东南亚国家（例如：越南、泰国、菲律宾）
中国
香港、台湾、日本、韩国
印度
其他亚洲国家
澳大利亚、纽西兰、欧洲、美国、加拿大
拉丁美洲
非洲
其他

Please specify: _____

请注明: _____

C11. How many years have you lived in Singapore?

您在新加坡居住了几年？

- 1) Less than 5 years
- 2) 5-9 years
- 3) 10-19 years
- 4) 20-29 years
- 5) 30-39 years
- 6) 40 years or longer

少过五年
五到九年
十到十九年
二十到二十九年
三十到三十九年
四十年或更久

C12. What languages do you speak?		您会说什么语言？	Yes 是	No 否
1)	Mandarin	华语	1	2
2)	Cantonese	广东话	1	2
3)	Hokkien	福建话	1	2
4)	Teochew	潮州话	1	2
5)	Other Chinese dialect	其他华籍方言	1	2
6)	Malay	马来语	1	2
7)	Tamil	淡米尔语	1	2
8)	Other Indian language	其他印度语言	1	2
9)	English	英语	1	2
10)	Other	其他语言	1	2

C13. What is your mother tongue?

您的母语是什么？

- 1) Mandarin
- 2) Cantonese
- 3) Hokkien
- 4) Teochew
- 5) Other Chinese dialect
- 6) Malay
- 7) Tamil
- 8) Other Indian language
- 9) English [skip to C22]
- 10) Other, namely

华语
广东话
福建话
潮州话
其他华籍方言
马来语
淡米尔语
其他印度语言
英语 [skip to C22]
其他语言，请注明:

			Never	Rarely	Sometimes	Often	Always
			从不	很少	有时	时常	总是
C14.1b	How often do you think in <u>your mother tongue (non-English)</u> ?	您多常用 <u>母语（不是英语）</u> 思考？	1	2	3	4	5
C14.2b	How often do you think in <u>other Asian languages</u> ?	您多常用 <u>其他亚洲语言</u> 思考？	1	2	3	4	5
C14.3b	How often do you think in <u>English</u> ?	您多常用 <u>英语</u> 思考？	1	2	3	4	5
C15.1b	How often do you read and speak in <u>your mother tongue (non-English)</u> ?	您多常 <u>阅读和说</u> 母语（不是英语）？	1	2	3	4	5
C15.2b	How often do you read and speak in <u>other Asian languages</u> ?	您多常 <u>阅读和说</u> 其他亚洲语言？	1	2	3	4	5
C15.3b	How often do you read and speak in <u>English</u> ?	您多常 <u>阅读和说</u> 英语？	1	2	3	4	5
C16.1b	When you were a child , how often you used <u>your mother tongue (non-English)</u> ?	您小时候多常使用 <u>母语（不是英语）</u> ？	1	2	3	4	5
C16.2b	When you were a child , how often you used <u>other Asian languages</u> ?	您小时候多常使用 <u>其他亚洲语言</u> ？	1	2	3	4	5
C16.3b	When you were a child , how often you used <u>English</u> ?	您小时候多常使用 <u>英语</u> ？	1	2	3	4	5
C17.1b	How often do you speak at home in <u>your mother tongue (non-English)</u> ?	您多常 <u>在家说</u> 母语（不是英语）？	1	2	3	4	5
C17.2b	How often do you speak at home in <u>other Asian languages</u> ?	您多常 <u>在家说</u> 其他亚洲语言？	1	2	3	4	5
C17.3b	How often do you speak at home in <u>English</u> ?	您多常 <u>在家说</u> 英语？	1	2	3	4	5
C18.1b	When you speak with your friends , how often you used <u>your mother tongue (non-English)</u> ?	您和朋友交谈时会多常使用 <u>母语（不是英语）</u> ？	1	2	3	4	5
C18.2b	When you speak with your friends , how often you used <u>other Asian languages</u> ?	您和朋友交谈时会多常使用 <u>其他亚洲语言</u> ？	1	2	3	4	5
C18.3b	When you speak with your friends , how often you used <u>English</u> ?	您和朋友交谈时会多常使用 <u>英语</u> ？	1	2	3	4	5

			Never	Rarely	Sometimes	Often	Always
			从不	很少	有时	时常	总是
C19.1b	How often do you watch TV programs in <u>mother tongue (non-English)</u> ?	您多常 观看 <u>母语（不是英语）</u> 的电视节目？	1	2	3	4	5
C19.2b	How often do you watch TV programs in <u>other Asian languages</u> ?	您多常 观看 <u>其他亚洲语言</u> 的电视节目？	1	2	3	4	5
C19.3b	How often do you watch TV programs in <u>English</u> ?	您多常 观看 <u>英语</u> 的电视节目？	1	2	3	4	5
C20.1b	How often do you read newspapers or magazines in <u>mother tongue (non-English)</u> ?	您多常 阅读 <u>母语（不是英文）</u> 的报纸或杂志？	1	2	3	4	5
C20.2b	How often do you read newspapers or magazines in <u>other Asian languages</u> ?	您多常 阅读 <u>其他亚洲语言</u> 的报纸或杂志？	1	2	3	4	5
C20.3b	How often do you read newspapers or magazines in <u>English</u> ?	您多常 阅读 <u>英文</u> 的报纸或杂志？	1	2	3	4	5
C21.1b	How often do you watch movies in <u>mother tongue (non-English)</u> ?	您多常 观看 <u>母语（不是英语）</u> 的电影？	1	2	3	4	5
C21.2b	How often do you watch movies in <u>other Asian languages</u> ?	您多常 观看 <u>其他亚洲语言</u> 的电影？	1	2	3	4	5
C21.3b	How often do you watch movies in <u>English</u> ?	您多常 观看 <u>英语</u> 的电影？	1	2	3	4	5

The next few questions are about how much the people that you meet are of the same or different ethnicity as you.

接下来几个问题是有关与您见面的人是否与您同一个种族。

- | | |
|--|---|
| <p>C22. Your close friends are?</p> <ul style="list-style-type: none">1) All from your ethnicity2) More from your ethnicity3) About half from your ethnicity and half from other ethnicity4) More from other ethnicities5) All from other ethnicities | <p>您的好朋友们</p> <p>都与您同一个种族</p> <p>比较多和您同一个种族</p> <p>大约一半和您是同一个种族另一半是别的种族</p> <p>比较多是别的种族</p> <p>全部是别的种族</p> |
| <p>C23. You prefer going to social gatherings/parties at which people are ...?</p> <ul style="list-style-type: none">1) All from your ethnicity2) More from your ethnicity3) About half from your ethnicity and half from other ethnicity4) More from other ethnicities5) All from other ethnicities | <p>您偏好参加的社交场合/派对的其他宾客</p> <p>都与您同一个种族</p> <p>比较多和您同一个种族</p> <p>大约一半和您是同一个种族另一半是别的种族</p> <p>比较多是别的种族</p> <p>全部是别的种族</p> |
| <p>C24. The persons you visit or who visit you are ...?</p> <ul style="list-style-type: none">1) All from your ethnicity2) More from your ethnicity3) About half from your ethnicity and half from other ethnicities4) More from other ethnicities5) All from other ethnicities | <p>您会拜访的人或会拜访您的人</p> <p>都与您同一个种族</p> <p>比较多和您同一个种族</p> <p>大约一半和您是同一个种族另一半是别的种族</p> <p>比较多是别的种族</p> <p>全部是别的种族</p> |
| <p>C25. What is your religion?</p> <ul style="list-style-type: none">1) No religion2) Buddhism3) Taoism/Chinese Traditional Beliefs4) Islam5) Hinduism6) Sikhism7) Christianity, Roman Catholic8) Christianity, other denomination9) Other religion | <p>您的宗教信仰是什么?</p> <p>没有宗教信仰</p> <p>佛教</p> <p>道教/华人传统信仰</p> <p>伊斯兰教</p> <p>印度教</p> <p>锡克教</p> <p>基督教, 天主教</p> <p>基督教, 其他派系</p> <p>其他宗教</p> |

SECTION D – PERSONAL MEDICAL HISTORY

个人医疗史

D1. Heart Disease

心脏疾病

D1.1 Has a Western-trained doctor ever told you that you have blockage of the arteries to your heart?

西医是否曾经告诉过您、您患有心脏动脉阻塞？

Interviewers' Guide: Participant must have had an angiogram for this diagnosis. ECG alone cannot be used to diagnose. Heart Disease in this context does NOT include congenital or 'born with' disease/defects.

- | | | |
|------|------------------|------|
| 1) | Yes | 是 |
| 2) | No | 否 |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

} → (Go to D1.2)

D1.1.1 When did it first occur?

请问您第一次发生心脏动脉阻塞是什么时候？

- | | | |
|-----------------------|------|---------|
| Age | 年龄 | _____ |
| (or) Year | 年份 | _ _ _ _ |
| (or) years ago | 年前 | _____ |
| 888) Refuse to answer | 拒绝回答 | |
| 999) Do not know | 不知道 | |

D1.1.2 Which hospital/clinic?

在哪一家医院、诊所？

Interviewers' Guide: Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. _____
2. _____
3. _____

- | | |
|-----------------------|------|
| 888) Refuse to answer | 拒绝回答 |
| 999) Do not know | 不知道 |

D1.2 Have you ever had a heart attack?

您是否曾经心脏病发作过？

Interviewers' Guide: Heart attack refers to a situation whereby there is loss in heart muscle function due to lack of oxygenation, typically due to restriction in blood flow from blocked arteries.

- | | | |
|------|------------------|------|
| 1) | Yes | 是 |
| 2) | No | 否 |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

} → (Go to D1.3)

D1.2.1 When did it first occur?

请问您第一次心脏病发作是什么时候？

Age 年龄

(or) Year 年份

|_|_|_|_|_|_|_|

(or) years ago 年前

888) Refuse to answer 拒绝回答

999) Do not know 不知道

D1.2.2 Which hospital/clinic?

在哪一家医院、诊所？

Interviewers' Guide: Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. _____

2. _____

3. _____

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D1.3 Is your doctor giving you medication for your heart disease currently?

您的医生目前有没有给您治疗心脏病的药物？

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

D1.4 Have you ever had an angiogram?

您是否进行过血管造影检查？

Interviewers' Guide: An angiogram is a diagnostic procedure performed to find out (not to cure) if there is any blockages to the arteries. A small tube is inserted into a big blood vessel to administer a dye into the blood vessels of the desired area. X-rays are then taken to locate the blockages in the blood vessels.

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D1.5)

D1.4.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一家医院进行的？

Year

年份

|_|_|_|_|_|

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D1.4.2 Hospital: _____

医院: _____

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D1.5 Have you ever had an angioplasty-ballooning?

您是否进行过心血管扩张手术？

Interviewers' Guide: An angioplasty-ballooning a procedure that clears the blockages in the blood vessels.

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D1.6)

D1.5.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一家医院进行的？

Year

Tahun

|_|_|_|_|_|

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D1.5.2 Hospital: _____

医院: _____

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D1.6 Have you ever had a heart bypass operation?

您是否进行过心脏绕道手术？

Interviewers' Guide: A heart bypass operation creates a new route to supply blood to the heart by transplanting part of a blood vessel.

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} ➔ (Go to D2.1)

D1.6.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一家医院进行的？

Year

年份

|_|_|_|_|

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D1.6.2 Hospital: _____

医院: _____

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D2. Peripheral Arterial Disease

周边动脉疾病

D2.1 Has a Western-trained doctor ever told you that you have blockage of the arteries in your legs?

西医是否曾经告诉过您,您的腿部动脉有阻塞?

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D3)

D2.1.1 When did it first occur?

请问第一次发生是什么时候?

Age 年龄

(or) Year 年份

|_|_|_|_|_|

(or) years ago 年前

888) Refuse to answer 拒绝回答

999) Do not know 不知道

D2.1.2 Which hospital/clinic?

在哪一家医院、诊所?

Interviewers' Guide: Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. _____

2. _____

3. _____

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D2.2 Have you ever had an angiogram?

您是否进行过血管造影检查？

Interviewers' Guide: An angiogram is a diagnostic procedure performed to find out (not to cure) if there are any blockages to the arteries. A small tube is inserted into a big blood vessel to administer a dye into the blood vessels of the desired area. X-rays are then taken to locate the blockages in the blood vessels.

- | | | | |
|------|------------------|------|------------------|
| 1) | Yes | 是 | } → (Go to D2.3) |
| 2) | No | 否 | |
| 888) | Refuse to answer | 拒绝回答 | |
| 999) | Do not know | 不知道 | |

D2.2.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一家医院进行的？

- | | | |
|------|------------------|---------|
| Year | 年份 | _ _ _ _ |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

D2.2.2 Hospital: _____

医院: _____

- | | | |
|------|------------------|------|
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

D2.3 Have you ever had an angioplasty-ballooning?

您是否进行过心血管扩张手术？

Interviewers' Guide: An angioplasty-ballooning a procedure that clears the blockages in the blood vessels.

- | | | | |
|------|------------------|------|------------------|
| 1) | Yes | 是 | } → (Go to D2.4) |
| 2) | No | 否 | |
| 888) | Refuse to answer | 拒绝回答 | |
| 999) | Do not know | 不知道 | |

D2.3.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一家医院进行的？

- | | | |
|------|------------------|---------|
| Year | 年份 | _ _ _ _ |
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

D2.3.2 Hospital: _____

医院: _____

- | | | |
|------|------------------|------|
| 888) | Refuse to answer | 拒绝回答 |
| 999) | Do not know | 不知道 |

D2.4 Have you ever had a bypass operation?

您是否进行过绕道手术？

Interviewers' Guide: A heart bypass operation creates a new route to supply blood to the heart by transplanting part of a blood vessel.

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D3)

D2.4.1 If Yes, which year was it first done and at which hospital?

如果‘是’，您是哪一年在哪一家医院进行的？

Year

年份

|_|_|_|_|

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D2.4.2 Hospital: _____

医院: _____

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D3. Stroke

中风

D3.1 Has a Western-trained doctor ever told you that you had a stroke?

西医是否曾经告诉过您,您中风过?

Interviewers' Guide: Stroke refers to a condition whereby there is a permanent damage to brain function from lack of oxygenation due to limited blood flow or ruptured blood vessel.

1) Yes

是

2) No (Go to D3.2)

否 (Go to D3.2)

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D4)

D3.1.1 When did it first occur?

请问第一次发生是什么时候?

Age 年龄

(or) Year 年份

|_|_|_|_|_|_|_|

(or) years ago 年前

888) Refuse to answer 拒绝回答

999) Do not know 不知道

D3.1.2 Which hospital/clinic?

在哪一家医院、诊所?

Interviewers' Guide: Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. _____

2. _____

3. _____

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D3.2 Has a Western-trained doctor ever told you that you had a **TIA** or transient ischemic attack, or a **mini stroke**?

西医是否告诉过您、您有短暂性的脑部缺血(TIA) 或是轻
微中风?

A mini stroke is a stroke where the symptoms completely disappear after 24 hours and the patient appears to recover fully from the attack.

轻微中风是由于大脑特定部位的血液供应暂时受到阻碍, 致使产生了神经系统的功能障碍。一般持续时间少于24 小时。

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

} → (Go to D4)

D3.2.1 When did it first occur?

请问第一次发生是什么时候？

Age 年龄

(or) Year 年份

|_|_|_|_|_|

(or) years ago 年前

888) Refuse to answer 拒绝回答

999) Do not know 不知道

D3.2.2 Which hospital/clinic?

在哪一家医院、诊所？

Interviewers' Guide: Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

1. _____

2. _____

3. _____

888) Refuse to answer

拒绝回答

999) Do not know

不知道

D4. High Blood Pressure (Hypertension)

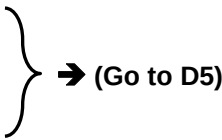
高血压

D4.1 Has a Western-trained doctor, nurse, or other healthcare professional told you that you have high blood pressure?

西医、护士或是其他医疗工作者是否曾经告诉您、您患有高血压？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道



D4.2 At what age were you diagnosed to have high blood pressure?

您几岁时被诊断患有高血压？

- Age 年龄
- (or) Year 年份
- (or) years ago 年前
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道

|_|_|_|_|

D4.3 Is your doctor giving you medication for your high blood pressure currently?

您的医生目前是否有给您治疗高血压的药物？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 有
- 没有
- 拒绝回答
- 不知道

D5. Diabetes Mellitus

糖尿病

D5.1 When was the last time you had a blood test to check for diabetes?

您最后一次为了检查是否患有糖尿病所进行的血液检验是什么时候？

- 1) 1 year ago or less
- 2) More than 1 year to 2 years
- 3) More than 2 years to 3 years
- 4) More than 3 years to 5 years
- 5) More than 5 years
- 6) Never been checked

一年前或更少
多过一年至两年前
多过两年至三年前
多过三年至五年前
多过五年前
从来没检查

D5.2 Has a Western-trained doctor ever told you that you have diabetes?

西医是否曾经告诉过您，您患上糖尿病？

[If "Yes" and respondent is female, prompt "Was this only when you are pregnant"?]

[如果回答“有”且受访者是女性，提示“是当您怀孕的时候吗”？]

- 1) Yes
- 2) Yes, but only during pregnancy
- 3) No
- 888) Refuse to answer
- 999) Do not know

是
是，但只有在怀孕期间
否
拒绝回答
不知道

→ (Go to D6)

D5.3 How old were you when the doctor first told you had diabetes?

您几岁时第一次被诊断患有糖尿病？

- Age 年龄
(or) Year 年份
(or) years ago 年前
888) Refuse to answer 拒绝回答
999) Do not know 不知道

|_|_|_|_|_|

D5.3.1 Which hospital/clinic?

在哪一家医院、诊所？

Interviewers' Guide: Write the hospital name in full or in common abbreviations e.g. SGH, TTSH, AH and CGH. If it was an overseas hospital/clinic, document the country and name of the hospital/clinic.

- 1. _____
- 2. _____
- 3. _____
- 888) Refuse to answer
- 999) Do not know

拒绝回答
不知道

D5.3.2 Is your doctor giving you medication for your diabetes currently?

- 1) Yes, insulin injections
- 2) Yes, tablets
- 3) Yes, insulin injections and tablets
- 4) No
- 999) Do not know

您的医生目前是否有给您治疗糖尿病的药物？

- 是, 注射胰岛素
- 是, 口服降糖药
- 是, 注射胰岛素和口服降糖药
- 否
- 拒绝回答

D5.4 Have you ever been told by a Western-trained doctor that you have diabetic eye disease?

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

西医是否曾经告诉您、您患上了由糖尿病引起的眼部疾病？

- 是
- 否
- 拒绝回答
- 不知道

} → (Go to D5.8)

D5.5 When did the doctor first tell you had diabetic eye disease?

- Age 年龄
- (or) Year 年份
- (or) years ago 年前
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道

您几岁时第一次被诊断患上了由糖尿病引起的眼部疾病？

|_|_|_|_|_|_|_|

D5.6 Did you have surgery or laser procedure for your diabetic eye disease?

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

您是否曾经因由糖尿病引起的眼部疾病进行过手术或者是激光治疗？

- 是
- 否
- 拒绝回答
- 不知道

} → (Go to D5.8)

D5.7 Do you know if the surgery or laser procedure was for: 您是否知道这个手术或激光治疗是为了治疗.....吗？

		Yes	No	Refuse to answer	Do not know
		是	否	拒绝回答	不知道
B5.7.1	Retinopathy? 视网膜病变	1	2	888	999
B5.7.2	Cataract? 白内障	1	2	888	999
B5.7.3	Others? 其它	1	2 (Go to D5.8)	888 (Go to D5.8)	999 (Go to D5.8)
B5.7.3.1	Please specify: 请说明:				

D5.8 Have you ever been told by a Western-trained doctor that you have kidney problems caused by your diabetes (including proteinuria)?

西医是否曾经告知您，您因为糖尿病而引起肾脏问题（包括蛋白尿）？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

是

否

拒绝回答

不知道

→ (Go to D5.10)

D5.9 When did the doctor first tell you had kidney problems caused by your diabetes (including proteinuria)?

西医什么时候首次告诉您，您因为糖尿病而引起肾脏问题(包括蛋白尿)？

- Age 年龄
- (or) Year 年份
- (or) years ago 年前
- 888) Refuse to answer 拒绝回答
- 999) Do not know 不知道

|_|_|_|_|_|_|_|

D5.10 Have you ever been told by a Western-trained doctor that you have nerve problems in your arms or legs caused by your diabetes?

西医是否曾经告知您，您因为糖尿病而导致您的手臂或是腿部神经有问题？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

是

否

拒绝回答

不知道

→ (Go to D6)

D5.11 When did the doctor first tell you had nerve problems in your arms or legs caused by your diabetes?

西医什么时候首次告诉您，您因为糖尿病而导致您的手臂或是腿部的神经有问题？

Age	年龄	_____
(or) Year	年份	_ _ _ _ _
(or) years ago	年前	_____
888) Refuse to answer	拒绝回答	
999) Do not know	不知道	

D6. High Cholesterol**高胆固醇**

D6.1 Have you ever been told by a Western-trained doctor you have high cholesterol?

西医是否曾经告知您，您患有高胆固醇？

1)	Yes	是
2)	No	否
888)	Refuse to answer	拒绝回答
999)	Do not know	不知道

} → (Go to D7)

D6.2 When did the doctor first tell you had high cholesterol?

西医什么时候第一次告诉您，您患有高胆固醇？

Age	年龄	_____
(or) Year	年份	_ _ _ _ _
(or) years ago	年前	_____
888) Refuse to answer	拒绝回答	
999) Do not know	不知道	

D6.3 Is your doctor giving you medication for your high cholesterol currently?

您的医生目前是否有给您治疗高胆固醇的药物？

1)	Yes	是
2)	No	否
999)	Do not know	不知道

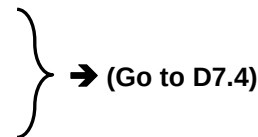
D7. Other Chronic Disease**其它慢性疾病****Lower back pain****腰痛**

D7.1 In the past 1 month (30 days), have you had low back pain that lasted a whole day or more?

在过去的 1 个月内 (30 天) , 您是否有腰痛长达一整天或更久 ?

- 1) Yes
2) No
888) Refuse to answer
999) Do not know

- 是
否
拒绝回答
不知道



D7.2 About how many days did you experience this pain in the past 1 month?

在过去的 1 个月, 您大约几天有这种疼痛 ?

Days _____ 天

- 888) Refuse to answer
999) Do not know

- 拒绝回答
不知道

D7.3 Were you limited in your usual activities because of low back pain?

您是否会因为腰痛而限制您平时的活动 ?

- 1) Yes
2) No
888) Refuse to answer
999) Do not know

- 是
否
拒绝回答
不知道

Asthma**哮喘病**

D7.4 Have you ever been told by a Western-trained doctor that you have asthma?

西医是否曾经告诉过您, 您患有哮喘病 ?

- 1) Yes
2) No (Go to D7.10)
888) Refuse to answer (Go to D7.10)
999) Do not know (Go to D7.10)

- 是
否 (Go to D7.10)
拒绝回答 (Go to D7.10)
不知道 (Go to D7.10)

D7.5 How old were you when you were first told you had asthma?

您几岁时, 第一次被诊断患有哮喘病 ?

Years old _____ 岁

- 888) Refuse to answer
999) Do not know

- 拒绝回答
不知道

D7.6 Do you still have asthma?

您还有哮喘病吗？

- 1) Yes
- 2) No (Go to D7.10)
- 888) Refuse to answer (Go to D7.10)
- 999) Do not know (Go to D7.10)

- 是
- 否 (Go to D7.10)
- 拒绝回答(Go to D7.10)
- 不知道 (Go to D7.10)

D7.7 During the last 12 months, have you had an episode of asthma or an asthma attack?

在过去的 12 个月里，您的哮喘病是否有发作过？

- 1) Yes
- 2) No (Go to D7.10)
- 888) Refuse to answer (Go to D7.10)
- 999) Do not know (Go to D7.10)

- 是
- 否 (Go to D7.10)
- 拒绝回答 (Go to D7.10)
- 不知道 (Go to D7.10)

D7.8 Over the past 1 month, on average, how many times **per week** do you need to use your inhaler medication for quick relief of asthma symptoms?

在过去的 1 个月里，您**每星期**平均几次需要使用吸入性药物以尽快缓解哮喘病症状？

times per week 每星期 ...次

D7.9 Are you taking a long-term preventive medication for asthma every day?

您是否每天服用预防哮喘病的长期药物？

Interviewers' Guide: Preventive medication is one taken daily for the purpose of preventing asthma attacks.

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道

D7.10 Have you ever been told by a Western-trained doctor that you have the following chronic diseases:

西医是否曾经告知您，您有其它的慢性疾病:

	Chronic Diseases	慢性疾病	Yes 是	No 否	If YES, at what age diagnosed 诊断时的年龄	Do not know 不知道
D7.10.1	Arthritis (rheumatoid / osteoarthritis)	关节炎 (类风湿性/骨关节炎)	1	2		999
D7.10.2	Rheumatism	风湿	1	2		999
D7.10.3	Hyper- / hypo-thyroidism	甲状腺功能亢进症/甲状腺功能减退症	1	2		999
D7.10.4	Gastritis	胃炎	1	2		999
D7.10.5	Chronic Bronchitis	慢性支气管炎	1	2		999
D7.10.6	Emphysema	肺气肿	1	2		999
D7.10.7	Gout	痛风	1	2		999
D7.10.8	Cataract	白内障	1	2		999
D7.10.9	Cancer	癌症	1	2 (Go to D7.10.10)		999 (Go to D7.10.10)
D7.10.9.1	Type of cancer:	癌症类型:				
D7.10.10	Chronic Kidney Disease	慢性肾脏病	1	2		999
D7.10.14	Liver disease e.g. hepatitis B or C, fatty liver, liver cirrhosis, liver surgery [USE SHOWCARD]	肝病 例如 B/乙型肝炎或 C/丙型肝炎, 脂肪肝, 肝硬化, 肝脏手术 [USE SHOWCARD]	1	2 (Go to D7.10.11)		999 (Go to D7.10.11)
D7.10.14.1	Please specify:	请说明:				
D7.10.11	Depression	忧郁症/抑郁症	1	2		999
D7.10.12	Other	其它	1	2 (Go to E1)		999 (Go to E1)
D7.10.12.1	Please specify:	请说明:				
D7.10.13	Other	其它	1	2 (Go to E1)		999 (Go to E1)
D7.10.13.1	Please specify:	请说明:				

**SECTION E – FAMILY HISTORY OF HEART DISEASE
AND CANCER****心脏疾病及癌症家族史****HEART DISEASE****心脏疾病**

E1 As far as you know, did your father and mother had heart disease?

E1 据您所知，您的父母有没有心脏疾病？

888) Refused to answer (Go to E2)

拒绝回答 (Go to E2)

	Family members 家庭成员	a) had heart disease? 患有心脏疾病？				c) Did at least one of them have heart disease before age... 如果‘是’，心脏疾病是否发生在以下年龄之前			
						55?		65?	
						Yes 是	No 否	Yes 是	No 否
E1.1	Father	父亲	1	2	777	999	1	2	
E1.2	Mother	母亲	1	2	777	999		1	2

CANCER**癌症**

E2 As far as you know, did your father and mother had cancer? If yes, what are the type(s) of cancer?

E2 据您所知，您的父母有没有癌症？如果有，是什么癌症？

888) Refused to answer
(For Female, go to Section F; Male, go to Section G)

拒绝回答 (For Female, go to Section F; Male, go to Section G)

	Family members 家庭成员	a) had cancer? 患有癌症？				c) Type(s) of cancer 癌症类型
		Yes 是	No 否	NA 不适用	DK 不知道	
E2.1	Father 父亲	1	2	777	999	
E2.2	Mother 母亲	1	2	777	999	

SECTION F – WOMEN'S HEALTH

女性健康

(FOR MEN, GO TO SECTION G)

F1.1 Are you currently pregnant?

- 1) Yes (Go to F1.7)
- 2) No
- 888) Refuse to answer
- 999) Do not know

您现在是否怀孕？

- 是 (Go to F1.7)
- 否
- 拒绝回答
- 不知道

F1.2 Have you stopped having your periods?

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

您的月经是否停止了？

- 是
- 否
- 拒绝回答
- 不知道
- } → (Go to F1.7)

F1.3 Did your period stop naturally or because of a hysterectomy?您是自然停经还是因为进行了子宫切除手术？**Interviewers' Guide:** A hysterectomy is an operation done to remove the uterus (womb).

- 1) Naturally
- 2) Hysterectomy
- 888) Refuse to answer
- 999) Do not know

- 自然停经
- 子宫切除手术
- 拒绝回答
- 不知道
- } → (Go to F1.7)

F1.4 At what age did your periods stop?

您的月经在几岁时停止？

Years old

岁

F1.5 Did you take hormone replacement therapy after your periods stopped?您停经后，是否有接受荷尔蒙激素替代疗法？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道
- } → (Go to F1.7)

F1.6 Are you still taking hormone replacement therapy?

您目前还在接受荷尔蒙激素替代疗法吗？

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

- 是
- 否
- 拒绝回答
- 不知道

F1.7 Have you given birth to any children?

- 1) Yes
- 2) No
- 888) Refuse to answer
- 999) Do not know

您有生过孩子吗？

- 是
- 否
- 拒绝回答
- 不知道



F1.8 How many children have you given birth to?

-
- 888) Refuse to answer
 - 999) Do not know

您生过几位孩子？

- 拒绝回答
- 不知道

SECTION G – MEDICATION

药物治疗

G1 Are you currently taking any regular medication?

您目前是否定期服用药物？

Interviewers' Guide: "Regular medications" refer to the medication taken for long term, for health or for chronic conditions such as heart diseases, stroke, high blood pressure, diabetes, high cholesterol, arthritis etc. This excludes regular health supplements (e.g. vitamins, fish oil).

1) Yes

是

2) No

否

888) Refuse to answer

拒绝回答

999) Do not know

不知道

→ (Go to Section H)

G2 Please list all the medication and the dose that you are taking.

请列下您服用的所有药物的名称以及份量。

888) Refuse to answer

拒绝回答

999) Do not know

不知道

→ (Go to Section H)

N/S	Name of medicine 药物的名称	According to latest prescription 根据最新的处方					How long have you been taking this type of medicine? 您服用这种药物有多久？				
		Frequency of dose 剂量频率				Take when-ever needed 在需要时服用	No. 次数	Year(s) 年	Month(s) 月	Week(s) 周	Day(s) 天
		No. of dose 剂量次数	/day 每天	/week 每周	/month 每月						
1			1	2	3	4		1	2	3	4
2			1	2	3	4		1	2	3	4
3			1	2	3	4		1	2	3	4
4			1	2	3	4		1	2	3	4
5			1	2	3	4		1	2	3	4
6			1	2	3	4		1	2	3	4
7			1	2	3	4		1	2	3	4
8			1	2	3	4		1	2	3	4
9			1	2	3	4		1	2	3	4
10			1	2	3	4		1	2	3	4

SECTION H – EQ-5D™

EQ-5D™

EuroQol Research Foundation

StudyID:

For each of the questions, please select the answer that best describes your own experiences and feelings.

请针对以下问题，选择最符合您自己的经历及感受的选项。

Q1. How would you describe your current level of physical fitness?

您觉得您目前的身体健康状况如何？

- | | |
|--------------|------|
| 1. Excellent | 非常好 |
| 2. Very good | 很好 |
| 3. Good | 好 |
| 4. Fair | 一般 |
| 5. Poor | 不好 |
| 6. Very poor | 非常不好 |

Q2. How well does your body seem to resist physical illness?

您觉得自己身体对疾病的抵抗能力如何？

- | | |
|--------------------|-----|
| 1. Extremely well | 非常好 |
| 2. Very well | 很好 |
| 3. Moderately well | 好 |
| 4. A little well | 一般 |
| 5. Not at all well | 不好 |

For the next two questions, think about the last two weeks.

以下两个问题，请想想最近两个星期内。

Q3. During the last two weeks, how often did your energy level allow you to do the things you WANT to do instead of only the things you have to do?

在过去的两个星期里，除了您必须要做的事情以外，有多少时候您有足够的精力去做您想要做的事情？

- | | |
|-----------------|--------|
| 1. Very often | 绝大部分时候 |
| 2. Fairly often | 大部分时候 |
| 3. Sometimes | 有时候 |
| 4. Almost never | 小部分时候 |
| 5. Never | 从未有过 |

Q4. During the last two weeks, to what extent did physical pain interfere with your enjoyment of life?

在过去的两个星期里，您身体的疼痛在多大程度上影响到您生活的享受？

- | | |
|----------------------|--------|
| 1. Not at all | 完全没有影响 |
| 2. A little | 有一点影响 |
| 3. A moderate amount | 比较有影响 |
| 4. Very much | 很有影响 |
| 5. An extreme amount | 非常影响 |

...

Q5. How confident are you that you can bounce back quickly after hard times?

您有多少信心可以在经历困难后很快的振作起来？

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

Q6. How confident are you that you can adapt to change?

您有多少信心您可以适应变化？

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

Q7. How confident are you that you can deal with whatever comes your way?

您有多少信心在无论发生什么情况下，您都可以应付？

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

Q8. How confident are you that you can see the humorous side of problems?

您有多少信心在遇到困难时，您可以看到它诙谐幽默的一面？

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

Q9. How confident are you that you can overcome obstacles?

您有多少信心您可以克服障碍？

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

Q10. How confident are you that you can stay focused under pressure?

您有多少信心在压力下仍然保持专注?

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

Q11. How confident are you that you can think of yourself as a strong and resilient person?

您有多少信心认为自己是一个坚韧的人?

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

Q12. How confident are you that you can manage any unpleasant feelings that you might have?

您有多少信心管理您可能有的任何不愉快的情绪?

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

Q13. How confident are you that you cannot get disheartened by setbacks?

您有多少信心您不会因为挫折而感到气馁?

- | | |
|-------------------------|-------|
| 1. Extremely confident | 非常有信心 |
| 2. Very confident | 很有信心 |
| 3. Moderately confident | 比较有信心 |
| 4. Slightly confident | 有一点信心 |
| 5. Not at all confident | 没有信心 |

...

- Q14. During the last two weeks, how often have you felt that you were not able to give enough time to the important things in your life?

在过去的两个星期里，有多少时候您感到无法给予足够的时间去处理生活中重要的事情？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

- Q15. During the last two weeks, how often have you felt that you were able to handle the problems you are experiencing?

在过去的两个星期里，有多少时候您感到有能力处理好目前面临的问题？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

- Q16. During the last two weeks, how often have you felt that things were going your way?

在过去的两个星期里，有多少时候您感到事事都随着您的意愿？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

- Q17. During the last two weeks, how often have you felt overwhelmed by difficulties in your life?

在过去的两个星期里，有多少时候您感到被生活中的困难压得透不过气来？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

- Q18. During the last two weeks, how often have you felt that you were not able to have enough energy for the important things in your life?

在过去的两个星期里，有多少时候您感到无法给予足够的精力去处理生活中重要的事情？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

...

Q19. During the last two weeks, how often did you feel calm?

在过去的两个星期里，有多少时候您感到平静？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q20. During the last two weeks, how often did you feel content?

在过去的两个星期里，有多少时候您感到知足？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q21. During the last two weeks, how often did you feel drained?

在过去的两个星期里，有多少时候您感到精疲力尽？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q22. During the last two weeks, how often did you feel excited?

在过去的两个星期里，有多少时候您感到兴奋？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q23. During the last two weeks, how often did you feel frustrated?

在过去的两个星期里，有多少时候您感到烦躁？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q24. During the last two weeks, how often did you feel happy?

在过去的两个星期里，有多少时候您感到快乐？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q25. During the last two weeks, how often did you feel disheartened?

在过去的两个星期里，有多少时候您感到气馁？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q26. During the last two weeks, how often did you feel joyful?

在过去的两个星期里，有多少时候您感到喜悦？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q27. During the last two weeks, how often did you feel sad?

在过去的两个星期里，有多少时候您感到伤心？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q28. During the last two weeks, how often did you feel secure?

在过去的两个星期里，有多少时候您感到有安全感？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q29. During the last two weeks, how often did you feel worried?

在过去的两个星期里，有多少时候您感到担忧或不安？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

...

The next questions are about how you feel about different aspects of your life. Again, think about the last two weeks as you answer these questions.

以下是关于您生活其它方面的问题，同样请您根据过去两个星期的真实情况作答。

Q30. During the last two weeks, how often did you feel that you lacked companionship?

在过去的两个星期里，有多少时候您感到缺乏陪伴？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q31. During the last two weeks, how often did you feel left out?

在过去的两个星期里，有多少时候您感到被冷落？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q32. During the last two weeks, how often did you feel isolated from others?

在过去的两个星期里，有多少时候您感到被他人孤立？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q33. During the last two weeks, how often did you feel that you were in tune with the people around you?

在过去的两个星期里，有多少时候您感到与周围的人相处和谐？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q34. During the last two weeks, how often did you feel that there were people you could talk to?

在过去的两个星期里，有多少时候您感到有可以陪您聊天的人？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q35. During the last two weeks, how often did you feel that there were people you could rely on?

在过去的两个星期里，有多少时候您感到有您可以依赖的人？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q36. During the last two weeks, how often did you feel drained by helping or taking care of others?

在过去的两个星期里，有多少时候您感到因为帮助或照顾他人而感到筋疲力尽？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q37. During the last two weeks, how often did you feel that there were people you feel close to?

在过去的两个星期里，有多少时候您感到有让您感到亲近的人？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q38. During the last two weeks, how often did you feel that you were a part of a group of friends?

在过去的两个星期里，有多少时候您感到有自己的朋友圈？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q39. During the last two weeks, how often did you feel that other people upset you?

在过去的两个星期里，有多少时候您感到有人让您感到不开心或心烦？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q40. During the last two weeks, how often did you feel that it was hard to meet the expectations of people in your life?

在过去的两个星期里，有多少时候您感到难以达到别人对您的期望？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q41. During the last two weeks, how often did you feel energized by the opportunity to help or take care of others?

在过去的两个星期里，有多少时候您感到因为有机会帮助或照顾别人而感到充满活力？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q42. During the last two weeks, how often did you feel that you had someone you can turn to if you needed practical help, like getting a ride somewhere, help with shopping or cooking a meal, or help watching your children for a short time?

在过去的两个星期里，有多少时候您感到当您需要实际帮助时，比如需要别人开车载您一程、帮您买东西或做饭、帮您照看一会儿小孩等，您总会找到可以帮助您的人？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

...

Q43. During the last two weeks, how often did you feel you could show your true self?

在过去的两个星期里, 有多少时候您感到不需要伪装自己, 可以展现真实的自我?

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q44. During the last two weeks, how often did you feel accepting of yourself?

在过去的两个星期里, 有多少时候您感到能够接受自我?

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q45. During the last two weeks, how often did you feel satisfied with yourself?

在过去的两个星期里, 有多少时候您感到对自己感到满意?

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q46. During the last two weeks, how often did you feel that you were very capable?

在过去的两个星期里, 有多少时候您感到自己是很有能力的?

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q47. During the last two weeks, how often did you feel that you were interested in your daily activities?

在过去的两个星期里, 有多少时候您感到对自己的日常生活感兴趣?

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

...

Q48. During the last two weeks, how important are spiritual or religious beliefs in your day to day life?

在过去的两个星期里，精神信念或宗教信仰在您的日常生活中扮演多么重要的角色？

- | | |
|-------------------------|-------|
| 1. Very important | 非常重要 |
| 2. Fairly important | 比较重要 |
| 3. Somewhat important | 有些重要 |
| 4. Not too important | 不太重要 |
| 5. Not at all important | 完全不重要 |

Q49. How often does your daily life include experiences that give your life meaning?

您有多少时候认为日常生活中有着给予您生活意义的经历？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q50. How often do you engage with opportunities to challenge yourself and grow as a person?

您有多少时候会参与挑战自我的机会，并从中成长？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q51. How often does your daily life include experiences that give your life purpose?

您有多少时候认为日常生活中有着给予您生活目的的经历？

- | | |
|-----------------|------|
| 1. Very often | 很经常 |
| 2. Fairly often | 经常 |
| 3. Sometimes | 有时 |
| 4. Almost never | 几乎没有 |
| 5. Never | 从未有过 |

Q52. During the LAST YEAR, how often have you had enough money to meet your needs?

在过去一年里，有多少时候您所拥有的金钱能够满足您的需要？

- | | |
|-------------------------------|---------|
| 1. All of the time | 所有时候 |
| 2. Most of the time | 绝大部分时候 |
| 3. More than half of the time | 大于一半的时候 |
| 4. Less than half of the time | 小于一半的时候 |
| 5. Some of the time | 绝少部分时候 |
| 6. None of the time | 从未有过 |

...

- Q53. Please think about your current level of wellbeing. When you think about wellbeing, think about your physical health, your emotional health, any challenges you are experiencing, the people in your life, and the opportunities or resources you have available to you.
How would you describe your current level of wellbeing?

请您思考现在的身心健康状况。当您考虑身心健康时，请包括以下几个方面：身体健康、情感健康、面临的挑战、生活中的人，以及您可拥有的机遇及资源。

请问您如何评估自己现在的身心健康状况？

- | | |
|--------------|------|
| 1. Excellent | 非常好 |
| 2. Very good | 很好 |
| 3. Good | 好 |
| 4. Fair | 一般 |
| 5. Poor | 不好 |
| 6. Very poor | 非常不好 |

- Q54. Now think about 5 years from now. Which answer do you think will best describe your wellbeing in 5 years?

在今后的五年，您认为自己的身心健康状况在这 5 年里将会如何？

- | | |
|--------------|------|
| 1. Excellent | 非常好 |
| 2. Very good | 很好 |
| 3. Good | 好 |
| 4. Fair | 一般 |
| 5. Poor | 不好 |
| 6. Very poor | 非常不好 |

Now, back to thinking about the last two weeks. The next questions ask about how aspects of your lifestyle may influence your wellbeing.

现在请再次回想过去两个星期的情况，并思考您的生活习惯如何影响您的身心健康，回答以下问题。

- Q55. During the last two weeks, did your diet influence your well-being positively, negatively or none at all?

在过去的两个星期里，您的饮食对您的身心健康有正面的影响，负面的影响，还是没有什么影响？

- | | |
|---|----------------|
| 1. Positively influenced my well-being | 正面影响 |
| 2. Negatively influenced my well-being | 负面影响 |
| 3. Did not influence my well-being at all (Go to Q57) | 完全没有影响(去到 Q57) |

- Q56. How much influence?

有多大影响？

- | | |
|-------------|------|
| 1. a little | 一点影响 |
| 2. a lot | 很大影响 |

Q57. During the last two weeks, did your sleep habits influence your wellbeing positively, negatively or none at all?

在过去的两个星期里，您的睡眠习惯对您的身心健康有正面的影响，负面的影响，还是没有什么影响？

- | | |
|---|----------------|
| 1. Positively influenced my well-being | 正面影响 |
| 2. Negatively influenced my well-being | 负面影响 |
| 3. Did not influence my well-being at all (Go to Q59) | 完全没有影响（去到 Q59） |

Q58. How much influence?

有多大影响？

- | | |
|-------------|------|
| 1. a little | 一点影响 |
| 2. a lot | 很大影响 |

Q59. During the last two weeks, did your level of physical activity influence your wellbeing positively, negatively or none at all?

在过去的两个星期里，您的体力活动量对您的身心健康有正面的影响，负面的影响，还是没有什么影响？

- | | |
|---|----------------|
| 1. Positively influenced my well-being | 正面影响 |
| 2. Negatively influenced my well-being | 负面影响 |
| 3. Did not influence my well-being at all (Go to Q61) | 完全没有影响（去到 Q61） |

Q60. How much influence?

有多大影响？

- | | |
|-------------|------|
| 1. a little | 一点影响 |
| 2. a lot | 很大影响 |

Q61. During the last two weeks, did your alcohol use influence your wellbeing positively, negatively or none at all?

在过去的两个星期里，饮酒对您的身心健康有正面的影响，负面的影响，还是没有什么影响？

- | | |
|---|----------------|
| 1. Positively influenced my well-being | 正面影响 |
| 2. Negatively influenced my well-being | 负面影响 |
| 3. Did not influence my well-being at all (Go to Q63) | 完全没有影响（去到 Q63） |
| 4. I do not drink any alcohol (Go to Q63) | 我不喝酒（去到 Q63） |

Q62. How much influence?

有多大影响？

- | | |
|-------------|------|
| 1. a little | 一点影响 |
| 2. a lot | 很大影响 |

Q63. During the last two weeks, did your tobacco use influence your wellbeing positively, negatively or none at all?

在过去的两个星期里，吸烟对您的身心健康有正面的影响，负面的影响，还是没有什么影响？

- | | |
|---|----------------|
| 1. Positively influenced my well-being | 正面影响 |
| 2. Negatively influenced my well-being | 负面影响 |
| 3. Did not influence my well-being at all (Go to Q65) | 完全没有影响（去到 Q65） |
| 4. I do not use any tobacco (Go to Q65) | 我不吸烟（去到 Q65） |

Q64. How much influence?

有多大影响？

- | | |
|-------------|------|
| 1. a little | 一点影响 |
| 2. a lot | 很大影响 |

Think about your health

想一想你的健康状况

Q65. Compared to others your own age, how would you rate your health?

与您的同龄人相比，您认为自己的健康状况如何？

- | | |
|--------------|-----|
| 1. Excellent | 非常好 |
| 2. Very Good | 比较好 |
| 3. Good | 好 |
| 4. Fair | 还可以 |
| 5. Poor | 不太好 |

F1A / F1B / F1C**SPHS – F1
Health Screening Form**

Appt Time:

Date Registered:

Time Registered:

VISIT ID

Gender 2nd Ref. No.

[For females] Are you pregnant? ☐ No ☐ Yes; ask participant to reschedule
 When was the last time you had food or a drink (not plain water)? Date: / / Time: : **AM / PM**
 [For females] Are you still having menses currently? ☐ No ☐ Yes; do not collect urine
 Have you taken any painkillers / antibiotics in the last 7 days? ☐ No ☐ Yes; do not collect urine

Do you have these medical conditions?

- | | | | |
|----|---|-----------------------------|------------------------------|
| 1 | High Cholesterol | ☐ No | ☐ Yes |
| 2 | Hypertension | ☐ No | ☐ Yes |
| 3 | Diabetes | ☐ No | ☐ Yes |
| 4 | Kidney failure | ☐ No | ☐ Yes |
| 5 | Heart failure | ☐ No | ☐ Yes |
| 6 | Heart attack | ☐ No | ☐ Yes |
| 7 | Stroke | ☐ No | ☐ Yes |
| 8 | Cancer | ☐ No | ☐ Yes |
| 9 | Irregular heart beat | ☐ No | ☐ Yes |
| 10 | Congenital heart disease | ☐ No | ☐ Yes |
| 11 | Other heart diseases | ☐ No | ☐ Yes |
| 12 | Other medical conditions (please specify) | ☐ No | ☐ Yes |

Staff initial **Height and Weight**

Height (m) . ☐ Refuse ☐ Unable ☐ OOR ☐ **NOT DONE**

Weight (kg) . ☐ Refuse ☐ Unable ☐ OOR ☐ **NOT DONE**

Staff initial **Waist and Hip**

Waist circumference (cm) . ☐ Refuse ☐ Unable ☐ **NOT DONE**

Hip circumference (cm) . ☐ Refuse ☐ Unable ☐ **NOT DONE**

Staff initial **Blood Pressure**

☐ **NOT DONE** ☐ Refuse ☐ Unable

- ☐ Dinamap
☐ Digital
☐ Manual

☐ **To retake BP before discharge (Systolic/Diastolic)**

1st
 2nd
 3rd

1st
 2nd
 3rd

	Systolic	Diastolic
1 st		
2 nd		
3 rd		

☐ Refuse ☐ Unable

Staff initial

Take a 3rd reading if difference between 2 readings is >10mmHg systolic or >5mmHg diastolic

Visual Acuity [F1-A and F1-C participants]

☐ **NOT DONE** ☐ Refuse ☐ Unable

Do you **currently** have any eye problems affecting your eyesight?

- | | | Right eye | Left eye |
|----|----------------------------|--------------------------|--------------------------|
| 1 | Myopic (short sightedness) | ☐ | ☐ |
| 2 | Long sightedness | ☐ | ☐ |
| 3 | Astigmatism | ☐ | ☐ |
| 4 | Lazy eye | ☐ | ☐ |
| 5 | Floaters | ☐ | ☐ |
| 6 | Dry eye syndrome | ☐ | ☐ |
| 7 | Cataract | ☐ | ☐ |
| 8 | Glaucoma | ☐ | ☐ |
| 9 | Blindness | ☐ | ☐ |
| 10 | Ptosis (drooping eyelids) | ☐ | ☐ |
| 11 | Other vision / eye problem | ☐ | ☐ |

The HS report will be mailed to you in 4 weeks. Would you need explanation on your report?

Yes

No

- ☐ Participant does not wear lens / glasses
☐ Participant used lens / glasses for the test
☐ Participant needed lens / glasses but forgot them and did the test without them

Snellen E 3m/10ft R L

Snellen E 3m/10ft with pinhole R L

Staff initial

Spirometry exclusion criteria: [F1-A participants ≥35 and ≤80 years old]

--- Not for data entry ---

		Yes (exclude if yes)	No
1	<35 or >80 years old	☐	☐
2	Any heart attack / stroke, eye / abdominal / heart / major surgery done in the last 3 months?	☐	☐
3	Any aneurysm / embolism / spontaneous pneumothorax?	☐	☐
4	HIV / Hepatitis / TB	☐	☐
5	Pregnancy	☐	☐
6	Asthma / COPD exacerbation	☐	☐
7	Ear drum infection	☐	☐
8	Uncontrolled hypertension (BP ≥200/120mmHg)	☐	☐
9	CA lung	☐	☐
10	Inguinal hernia	☐	☐
11	Physical inability to perform spirometry of acceptable quality	☐	☐

Spirometry

1. Not Selected ☐ 2. Selected ☐ Not done ☐ Refuse ☐ Unable ☐ Ineligible ☐

1. Do you have any known medical history of respiratory diseases / problems? Yes No
- Asthma ☐ ☐
 Childhood asthma ☐ ☐
 COPD ☐ ☐
 URTI (cough, runny nose, sore throat) ☐ ☐
 Sinuses problem ☐ ☐
 Other lung diseases ☐ ☐
2. On doctor follow up for respiratory problem? ☐ ☐

3. Time of last puff (bronchodilator) for asthma or COPD

Date: _____
(DDMMYYYY)

Time: _____
(24hr format)

☐ Not applicable

Are all the 3 best spirometrys acceptable?

☐ Yes	☐	Unable to follow instructions/uncooperative
☐ No, please specify:	☐	Refused to continue
	☐	Not feeling well

Staff initial

ECG

☐ Taken ☐ NOT DONE

Refuse ☐ Unable ☐

- 1) Known heart problems? ☐ No ☐ Yes
- 2) Has pacemaker? ☐ No ☐ Yes
- 3) Known dextrocardia? ☐ No ☐ Yes
- 4) Experiencing heart-related symptoms? ☐ No ☐ Yes
- 5) On doctor follow-up for heart problem(s)? ☐ No ☐ Yes
- 6) Uncertain diagnosis? ☐ No ☐ Yes

ECG advice before discharge:

- ☐ No advice
☐ Bring ECG on next F/U visit
☐ See Dr within 1 week
☐ See Dr within 24hrs
☐ Uncertain diagnosis

Staff initial

BLANK PAGE

Foot Assessment☐ **NOT DONE**

Monofilament 5.07 sensory test	No. of sensory points felt	
	R	5
	L	5

Neurothesiometer Reading (Mv)	Apex 1 st	R	
	Med Mal.	R	
	Apex 1 st	L	
	Med Mal.	L	

Refuse	Unable	OOR
☐	☐	
☐	☐	
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Arm used ☐ Left ☐ Right
 Is this the dominant arm? ☐ Yes ☐ No

Brachial BP (mmHg) (Systolic reading by Doppler)	1	
	2	
Ankle BP (mmHg) (Systolic reading by Doppler)	R1	
	R2	
	L1	
	L2	

Refuse	Unable	OOR
☐	☐	
☐	☐	
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Staff initial**TUG [F1-A and F1-C participants ≥40 years old]**

Timed Up-and-Go Test: _____ sec [3-300s]

☐ **NOT DONE** ☐ Refuse ☐ Unable_____
Staff initial**Hand Grip Strength (kg)**☐ **NOT DONE**

Left		Refuse	Unable	Right		Refuse	Unable
		☐	☐			☐	☐
		☐	☐			☐	☐
		☐	☐			☐	☐

Staff initial**Blood taking**☐ Random ☐ Fasting**Research**

	Refuse	Unable
☐ Plain tube (10ml)	☐	☐
☐ EDTA tube (10ml)	☐	☐

Screening

☐ Plain (5ml)	☐	☐
☐ EDTA (3ml)	☐	☐
☐ Fluoride (2ml)	☐	☐

Staff initial**Urine Micral test (mg/L)**☐ Taken ☐ **NOT DONE**☐ Refuse ☐ Unable

☐ Neg ☐ 50
☐ 20 ☐ 100

Staff initial**[F1-B participants]****Wellbeing survey**☐ Completed ☐ /Unable ☐ Refuse_____
Staff initial**[F1-C participants with accelerometer and F1-B participants]****Community Environment survey**

☐ Not Selected ☐ Unable
☐ Completed ☐ Refuse

Staff initial**Discharge**Discharge Time: ☐ **Accelerometer**_____
Staff initial